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AGUILERA IS GONNA BE BIGGER {page 21}

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Her survivor's story: Breast cancer made me 'stronger'

Breast Cancer Awareness Month

Giuliana Rancic of E! News tells Metro of her epic battle ◗ New treatments, growing legion of survivors mark annual awareness month {pages 13-19}

politics

Wooing the still undecided

◗ Big chance for Obama, Romney at debate {page 09}

local

FOP reacts to parade punch

◗ Police union head: Don't rush to judgement {page 02}

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RICARD LARMA/METRO

▶ Josey

City FOP stands by cop in parade punch

A decorated Philadelphia police officer is under investigation by Internal Affairs after punching a woman in the face during Puerto Rican Day Parade celebrations Sunday. The incident was captured on video and posted on YouTube. The officer was later identified as Highway Patrol Lt. Jonathan Josey.

The video shows several police officers in a crowd in North Philadelphia when the woman and someone else appear to spray some type of liquid on the officers. As the woman walks away from police, Josey walks up behind the woman and then strikes her in the face, knocking her to the ground. He then immediately handcuffs the woman, who was charged with disorderly conduct.

Josey has been in the news previously for on- and off-duty exploits. In 2006, he was featured as a Daily News Sexy Single. In March 2010, he fatally shot an armed robber during a holdup of a 7-Eleven convenience store near Saint Joseph's University.

Police union President John McNesby described Josey as a decorated cop, and said the force may be justified given the circumstances. "Although it didn't look pretty, it may not have been excessive."

METRO/SDL

Quoted

"Clean Air Council understands the efforts to reopen the Philadelphia Refinery, but is certain such actions can easily comply with the law."

JOSEPH OTIS MINOTT, WHOSE GROUP CHALLENGED THE STATE'S ENVIRONMENTAL OFFICIALS' RULING THAT SUNOCO DID NOT VIOLATE THE CLEAN AIR ACT AT ITS TWO REFINERIES

In the news

Ikea's bright idea

Furniture giant Ikea, whose American operations are headquartered in Coshohocken, announced yesterday that it will sell only energy-efficient LED lighting by 2016. The switch to the longer-lasting bulbs could reportedly save the Swedish-based company $10 million each year at its 300 stores across the globe.

GETTY IMAGES

▶ Smoke PCP and you might see an elephant.

Police: Suspect blames elephant crossing in crash

DELAWARE. A New Castle man arrested Friday night on suspicion of committing his seventh DUI told state troopers he drove his Land Rover off the side of I-295 and hit a guardrail because he was swerving to avoid hitting an elephant that ran in front of his car, police said yesterday.

Samuel Phipps, 31, is jailed at Young Correctional Institution in lieu of $21,000 bail on charges of driving uninsured and under the influence. Police say he allegedly admitted to officers on the scene that, prior to getting in the car, he had smoked a joint dipped in PCP.

METRO/AW

Robber gets 15 years for '10 spree

PHILADELPHIA. A local man was sentenced to 15 years in prison for three armed robberies.

Marvin Gibson, 39, and his co-defendant, Jackson Doggette, pleaded guilty to Hobbs Act robbery and firearm charges. The pair robbed two Metro PCS locations in August and September 2010, and a South Philadelphia RiteAid store in October 2010.

Doggette, 22, will be sentenced Oct. 9. In addition to jail time, was ordered to pay $3,130 in restitution. METRO/SDL

'Fertile territory' for thefts: SEPTA subways

Thefts and robberies in '12 already as many as all of '11 Top transit cop says awareness could help prevent what officers call 'Apple picking'

While cell phone thefts on SEPTA are already on the rise this year, transit officials said they expect the numbers to increase dramatically with the release of the iPhone 5.

Since Apple's latest installment of the smart phone was released Sept. 21, law enforcement agencies across the country have been on alert for thefts, being dubbed "Apple picking." SEPTA Police Chief Thomas Nestel III said yesterday that transit police are also looking out for the trend.

"It's going to increase for us and we just want people to have a couple moments of awareness and I think it'll really make a difference," Nestel said.

SEPTA already has seen a spike in phones taken this year. Through Sept. 27, there have been a combined 364 thefts and robberies, compared to 365 in all of 2011.

Arrests also are up, with 47 in 2012 compared to 50 in 2011, but it does not seem to be deterring criminals, Nestel said.

"I think it's an issue of once a bad guy finds fertile territory he's going to come back, and our subways and Els are fertile territory," he said.

In most instances, the crimes have occurred on the Market-Frankford El (between Huntingdon and Bridge streets or 46th Street to 69th Street) or Broad Street Subway (Fern Rock to City Hall).

The offender typically waits until the doors open before snatching the victim's phone and fleeing, according to Nestel. Most of the incidents take place between 4-6 p.m.

PAIGE OZABOSKI/METRO

▶ Nestel, seen here last month after he took over as police chief, says a little awareness goes a long way toward prevention.

App could help track down thief

Another tactic that is helping police catch smart phone thieves is online tracking applications, according to Nestel. As soon as the phone is taken, users can track the phone's location using GPS, which even works underground.

The chief said SEPTA has had "great success at that. We also recommend that anybody that has an iPhone activate their iPhone tracking capability."

Many of the thieves have their escape route planned, but that wasn't the case for one suspect last week. Nestel said the male snatched a phone on the Broad Street Subway and then fled into the tunnel. Police sealed off the tunnel and took the male into custody, he said.

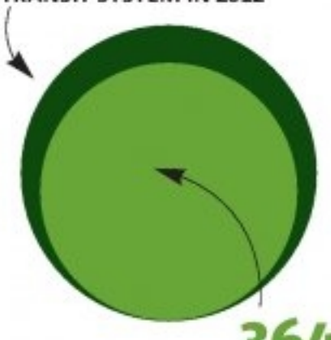
METRO/SDL

More thefts

Robberies and thefts in the SEPTA system, per year

483

ESTIMATED THEFTS AND ROBBERIES ACROSS THE TRANSIT SYSTEM IN 2012



364

THEFTS AND ROBBERIES ACROSS THE TRANSIT SYSTEM IN 2011

27

Thefts and robberies on SEPTA's commuter rail lines in 2012, already surpassing the 20 such incidents in all of 2011

272

Thefts and robberies on SEPTA's heavy rail lines, known also as the subway and elevated lines, in 2012, nearly as many as the 280 in all of 2011

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Urban Outfitters ditches registers, goes 'all Apple'

Philadelphia-based fashion retailer Urban Outfitters has announced that their stores will be going "all Apple," eschewing clunky cash registers, price guns and computer screens for sleek iPads and iTouches.

"Two or three weeks ago, we placed our very last register order," Chief Information Officer Calvin Hollinger said during a presentation at the company's first analyst day on Thursday. "We are out of the register business."

The mobile devices that currently equip sales associates in some of the retailer's locations and accept credit card-only payments will be replaced by iPod touches with messaging capabilities, as well as apps to assist returns, restocking and ordering out-of-stock merchandise. The registers will be surmounted by swivel-mounted tablets that will accept cash and debit cards, in addition to credit. "It's very clean," Hollinger said of the iPad, praising its large screen and intuitive operating system. "If it's not in use, you can take the swivel arm, turn it away and you can use this as a packing space or maybe to display more items to sell."

Hollinger said the iPad will prove to be a more versatile and interactive tool that makes information sharing and storage a two-way street. "In addition to being a register, we can download a lot of content to the stores," he said, giving the examples of training videos, market tips and sales reports. "And then from a customer's point of view, we turn the iPad to a customer, she's entering in her shipping address — this can also be used, for example, as a gift registry," he said.

The stores hope to make the switch soon. Company officials did not return calls for comment yesterday.

"Once we successfully make sure this iPad works in all the stores, all stores will be designed and equipped with iPod touches and iPads," Hollinger said. "And frankly I'm happy because the iPad is $1,000, fully configured, fully installed, versus $5,000 [for a cash register]."

ALEX WIGGLESWORTH
awigglesworth@metro.us

Quoted

"We are out of the register business."

URBAN OUTFITTERS CHIEF INFORMATION OFFICER CALVIN HOLLINGER

Ahead of the curve

Some of the company's stores — which include subsidiary brands Anthropologie, Free People, Terrain and BHLDN — two years ago began accepting credit card-only payments through specially equipped iPhones. "At the end of the day, we just replaced one technology — the fixed register — with another technology — the mobile register," Hollinger said. "And these devices can do so, so much more, so we began to look at other capabilities that we can deploy." Those include:

- A returns application that instantly refunds the customer and enters merchandise back into the company inventory
- An application that notifies sales associates when the sales floor needs to be restocked, complete with a photograph of the items that need replenishing
- An out-of-stock application allowing the customer to pay for an out-of-stock item with the rest of their order while the app scours the company's centralized inventory, finds the closest location and ships it to the customer's home

BERARD LABMA/METRO

▶ Urban Outfitters' headquarters in South Philly is also unique.

Kate Essad
Clinical Student

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Manufacturing shrunk in Philly, US in Sept.

PHILADELPHIA. Manufacturing in the U.S. probably contracted in September for a fourth straight month, showing an industry that's hobbled by a global economic slowdown, economists said yesterday.

Regional reports from the Federal Reserve showed further easing in manufacturing, which accounts for about 12 percent of the economy. Factory activity in the New York area contracted in September at the fastest pace since April 2009.

In and around Philadelphia, manufacturing shrank for a fifth straight month.

The Institute for Supply Management-Chicago Inc.'s business barometer contracted for the first time in three years. **BLOOMBERG**

NY still pondering fracking regulations

PENNSYLVANIA. New York will probably miss a deadline to develop fracking regulations, officials said.

New York has been studying fracking for more than four years. Gov. Andrew Cuomo, a Democrat, has been under pressure from energy companies and some localities to allow drilling to encourage the type of economic development seen in states from Wyoming to Pennsylvania.

BLOOMBERG

Cosa Nostra goes on trial next week

An associate of La Cosa Nostra was sentenced to 33 months yesterday for taking part in a loan sharking and illegal gambling racket, one week before the first major allegedly mafia-linked trial begins next week.

Louis Baretta, 48, of Philadelphia, pleaded guilty on Sept. 5 to being an affiliate of Philadelphia's crime family and participating in bookmaking and collecting loan payments through "extortionate means."

Baretta is among 14 members and associates of Philadelphia's La Cosa Nostra charged earlier this year with crimes ranging from racketeering conspiracy to extortion, illegal gambling and witness tampering.

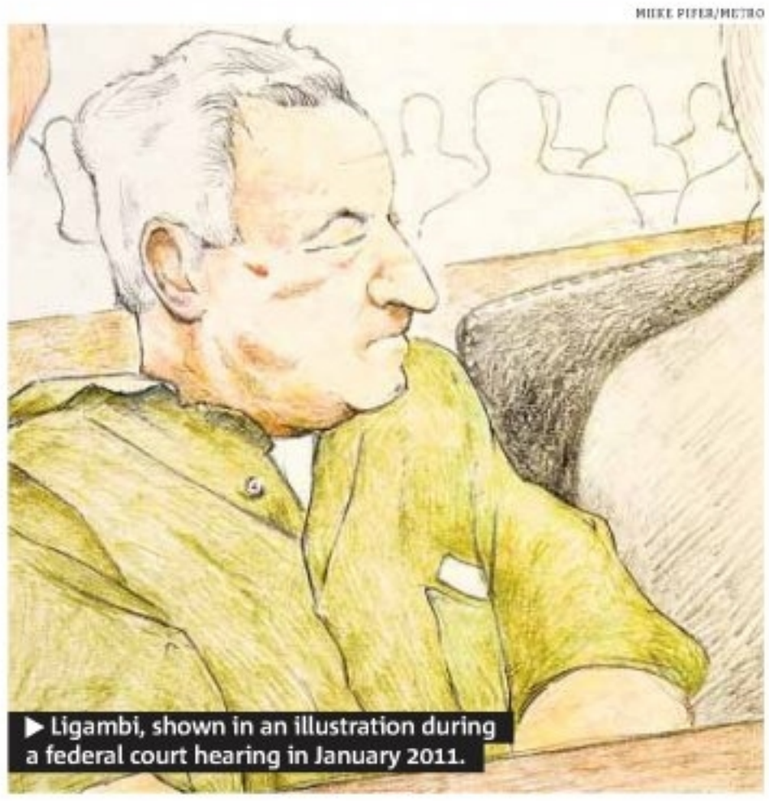
11

Defendants standing trial beginning next week, with Ligambi, Massimino, Borgesi, Canalichio, Licata and Fazzini in jail while Staino, Battaglini, Verrecchia, Esposito and Ranieri are free on bond.

Also charged were reputed LCN mob boss Joseph "Uncle Joe" Ligambi, alleged underboss Joseph Massimino, George Borgesi, Martin Angelina, Anthony Staino Jr., Gaeton Lucibello, Damion Canalichio, Gary Battaglini, Robert Verrecchia, Eric Esposito, Robert Ranieri, Joseph Licata and Louis Fazzini.

Lucibello pleaded guilty to racketeering conspiracy charges on Aug. 2, and was sentenced to 51 months in prison. Angelina pleaded guilty to the same charges on Aug. 8, and was sentenced to 57 months.

MIKE PIPER/METRO



▶ Ligambi, shown in an illustration during a federal court hearing in January 2011.

The trial for Ligambi, Massimino, Borgesi, Staino Jr., Canalichio, Battaglini, Licata and Fazzini is scheduled to begin Oct. 9. The trial for Verrecchia, Esposito and Ranieri has not yet been scheduled.

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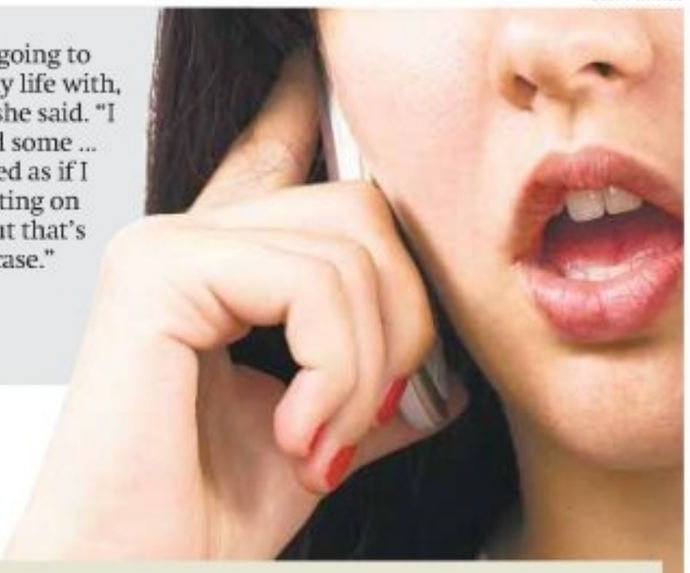
Secret life of phone sex operators

Hit comedy spurs curiosity in sex by phone Women who thrill with their voice say the money is good, but riches hardly arrive overnight Real phone sex operators describe their kinkiest calls Professionals say they're just 'actresses'

GETTY IMAGES



Never underestimate the power of a voice.

The sleeper comedy "For a Good Time Call," in theaters nationwide, has perked interest in the world of phone sex.

It's a longtime industry that is still quietly plugging away, despite the rise of Internet porn. The film chronicles the adventures of two young women who launch a phone sex line out of their New York City apartment. They're soon rolling in dough.

But while real-life phone sex operators say the money is definitely good, they also caution that it doesn't happen overnight.

"It's not about quick money, you have to build your clientele. It took about five years before I was rolling in money."
LYNNEA

Lynnea, 30, a phone sex operator based outside Pittsburgh. has been in the industry for more than 10 years. She told Metro the notion of quick cash while working from home during her college years is what drew her to the profession.

In her first year, she made $20,000. Now, she said, she easily makes $160,000.

"It's not quick money, you have to build your clientele," Lynnea said. "It took about five years till I was rolling in money — and I'm not making a million a month, but I've been able to purchase a home, I get new vehicles, I get exotic vacations, I can do all of that."

According to PSOs, as phone sex operators call themselves, phone sex takes a lot more than a little dirty talk. It takes a certain personality to keep clients interested.

And a PSO has to be willing to explore the deepest depths of sexuality. Lynnea refuses to talk about anything that is illegal in real life, like pedophilia or bestiality. But Ruby, a so-called "no-taboos" PSO from Florida, will discuss any fetish a client wants to talk about.

CASSANDRA GARRISON
cassandra.garrison@metro.us

Just how secret are their secret careers?

While Lynnea admits that close friends and family know she works as a phone sex operator, she typically tells people in social settings that she is an operator for the Home Shopping Network. Though she currently has a long-term boyfriend who knows and accepts her profession, she said the topic wasn't always easy to navigate.

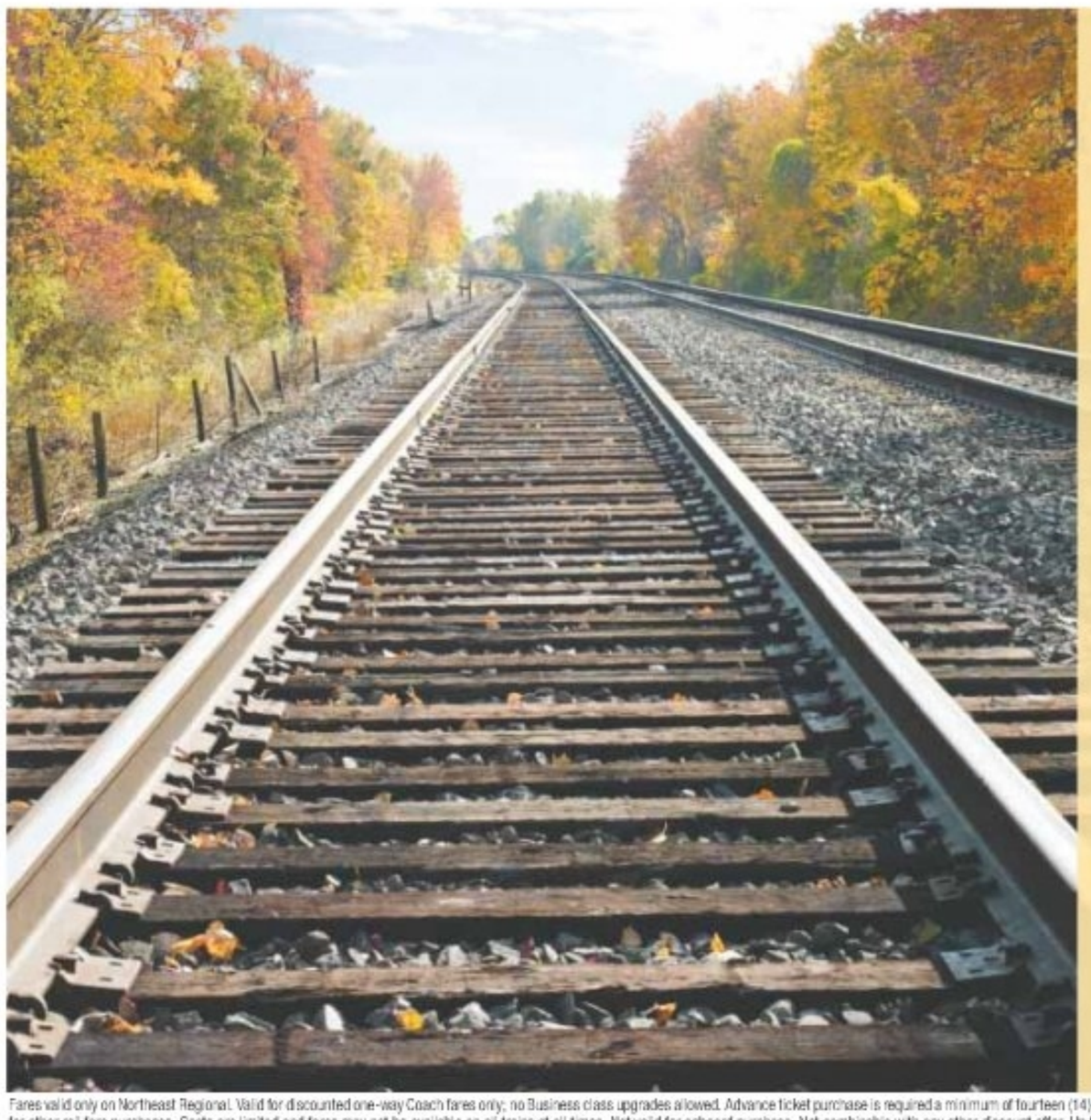
"There have been guys I dated in the past that weren't going to accept it, but that's also someone I was not going to spend my life with, either," she said. "I have had some ... concerned as if I am cheating on them, but that's not the case."

Just a 9-to-5 job

Ruby, a single mom, started taking calls as a PSO from 9 p.m. to 6 a.m. in a room on the other side of the house from where her kids were sleeping.

She told Metro that once her son became an adult, she told him what she really does for a living and he supports her.

"I'm very up front with it; I'm not ashamed of what I do," Ruby said. "This is my job, just like if I was a nurse or a teacher." METRO/CG



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Metro photo challenge

▶ "Dutch F16 Alborg Airshow Spotterday" is by Eigil Hye Skjern.

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Youngest Guantanamo prisoner now misses being there: Lawyer

JANET HAMLIN/AFP/GETTY IMAGES

▶ As part of deal with prosecutors, Khadr pleaded guilty in 2010 and was sentenced to eight years in prison.

Guantanamo detainee Omar Khadr, who was transferred to a prison in his Canadian homeland over the weekend, is having a difficult time adapting to his new circumstances, one of the inmate's lawyers said yesterday.

Khadr, the youngest prisoner and last Westerner held in the U.S. military prison on Cuban soil, returned to Canada on Saturday to finish his sentence. He had spent almost 10 years in Guantanamo.

Khadr, 26, is now in Millhaven top security jail in the central Canadian province of Ontario waiting for authorities to decide how best to handle his case. He will be eligible for parole in mid-2013.

"It's a very, very difficult [transition] right now. It's a horrible place, Guanatanamo is, but it's a place where he had built a life for himself, it was what he was familiar with, it was what he knew," Khadr lawyer John Norris told the Canadian Broadcasting Corp.

Canada's Conservative government says it fears he has become radicalized. **REUTERS**

15

Khadr was 15 years old when captured in Afghanistan and later confessed to killing a U.S. soldier and conspiring with al-Qaeda.

Yahoo CEO to return to work

Yahoo Inc. Chief Executive Marissa Mayer, three months into a nascent effort to revamp the struggling Web company, could be back in the office in one week, following the birth of her first child on Sunday.

The 37-year-old Mayer will work from home and continues to lead the company and "is involved in all critical decisions making," a Yahoo spokeswoman said yesterday.

Mayer has yet to brief investors on her plan for Yahoo, but she provided some general details to the company's staff in meetings with employees last week. **REUTERS**

News in brief

Amex refunds $85M credit fees

WASHINGTON. American Express will refund $85 million to customers to resolve charges that three subsidiaries broke consumer protection laws across the credit card business, U.S. regulators said yesterday. **REUTERS**

Google surpasses Microsoft in company value

NEW YORK. Google has surpassed Microsoft to become the world's second-largest technology company as computing over the Internet reduces demand for software installed on desktop machines.

Google rose 0.7 percent to $759.98 at 11:13 a.m. yesterday in New York, for a market capitalization of about $249.2 billion. **BLOOMBERG**

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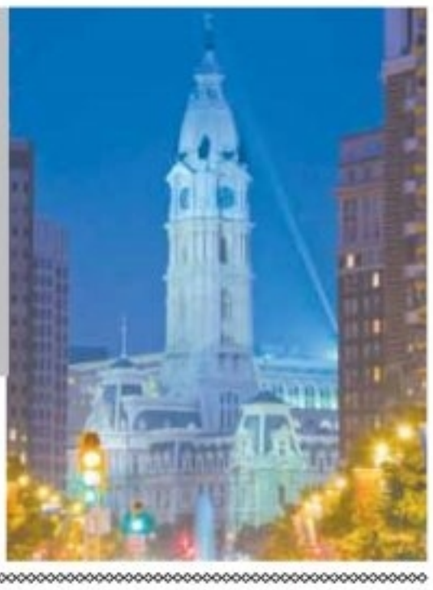

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Debates give candidates chance to woo undecided

The first presidential debate, to be held in Denver tomorrow, could help sway "soft voters" who are only halfheartedly committed to either President Obama or Republican presidential nominee Mitt Romney.

"Getting an edge on who has more intensity among their voters is one of the key things the candidates are looking at here," Republican pollster Ed Goeas told The Washington Examiner.

The two presidential contenders enter their first debate with Obama leading Romney by about 4 percentage points nationally, according to a RealClearPolitics averaging of polls.

Most voters have already decided who they'll support. But some voters are less excited about their choice, and those people, Goeas said, can be convinced to change their minds if candidates either wow them in the debates or botch them badly. **SUSAN FERECCHIO, WASHINGTON EXAMINER**

What is a 'soft voter'?

SCOTT OLSON/GETTY IMAGES

▶ Student Courtney Johnson (R) votes on the campus of the University of Northern Iowa as early voting begins.

- **Not quite decided:** May be only halfheartedly committed to either candidate
- **Thin slice of total voter population:** But add them to the percent of the truly undecided, and the bloc accounts for 3 to 4 percent of voters — enough to change an election

"Certainly [the candidates'] target is ... to see if you can move those soft voters to be more intense." GOEAS

Looking presidential

If the candidates avoid any game-changing moments during their meeting and instead turn in two adequate but uneventful performances, that could benefit Romney, Goeas said.

"For the challenger to stand there and appear to hold his own and look presidential and be equal with the president onstage, normally the tie goes to the challenger," he said. "That is what I think the Obama campaign is somewhat worried about."

Before the debate

Romney slams Obama over Middle East

Mitt Romney launched a fresh attack on President Barack Obama's Middle East policy yesterday, saying the United States is moving dangerously closer to being pulled into the region's chaos and that puts "our security at risk."

In a Wall Street Journal opinion piece, the U.S. Republican presidential nominee pointed to recent developments in Syria, Libya and Egypt as well as uncertainty over Israel and Iran and called for "a new strategy toward the Middle East," although he offered no new details about his proposed plans. Romney's critique comes amid a new wave of violence in the region and as U.S. officials acknowledged that the storming of a U.S. consulate in Libya was a deliberate attack by militants linked to al Qaeda. **REUTERS**

"When we say an Iranian nuclear weapons capability ... is unacceptable, the ayatollahs must be made to believe us." ROMNEY

Points of attack

Here are three messages Romney must communicate in the debate if he has any hope of catching Obama in the polls:

1 Obama promised jobs and has failed to deliver: Four years later, there are a net 261,000 fewer jobs in the U.S. than when Obama was sworn in.

8% The jobless rate has been around 8 percent for a record 43 months, and 83,000 fewer Americans have jobs than when Obama was elected. To have kept his promise would have meant that 5 million jobs would be created in his first four years in office.

2 Obama promised to cut the deficit in half and has failed to deliver: In 2009, when the nation's budget deficit was already more than $1 trillion, he promised to cut the inherited deficit in half. As of last month, the deficit still topped $1 trillion for the fourth straight year.

3 Obama promised to reduce health insurance premiums by $2,500 and has failed to deliver: According to the Kaiser Family Foundation, premiums have actually gone up by $2,730.

$3.4K
U.S. households are facing an average tax increase of $3,446 in 2013 if Congress doesn't avert the so-called fiscal cliff, the nonpartisan Tax Policy Center said.

10.5%
The top 1 percent of households face some of the largest tax increases in 2013 and would see their after-tax incomes fall by 10.5 percent if Congress does nothing.

20%
For calendar year 2013, taxes would increase by $536 billion, or about 20 percent. Tax rates on income, capital gains, dividends and estates would increase.

$2K
A typical middle-income household earning between about $40,000 and $60,000 a year would see a tax increase of about $2,000. **BLOOMBERG**

Metropolitik

MICHAEL J. FROSCH
POLITICAL CORRESPONDENT FOR METRO

ONLY GOOD REPUBLICANS NEED APPLY

The Republican Party has made it a top priority to disenfranchise American citizens, with the help of several newly enacted voter ID laws that have a disproportionate effect on citizens who vote for Democrats. There is, of course, no evidence of voter impersonation fraud in any of these states, a fact that has been particularly embarrassing for the Republicans caught red-handed depriving American citizens of their fundamental rights.

Last week, however, prosecutors began investigating a source of actual voter fraud — the Republican Party. This year alone, the Republican Party has spent more than $3 million on swing-state voter registration drives organized by the company Strategic Allied Consulting, which is now under investigation after elections officials in Florida discovered hundreds of forged voter registration documents including fraudulent address changes that would have prevented voters from being able to cast their ballot this November.

This isn't the first time Strategic Allied Consulting was caught tampering with voter registrations while working for the Republican Party. In 2004, the Justice Department began investigating the company after employees reported that they were told to register only Republicans, and watched as supervisors destroyed voter registrations filled out by Democrats. The company was also accused of lying to voters about the meaning of ballot initiatives.

Quoted

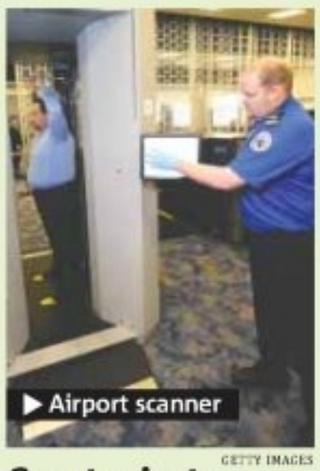
This isn't the first time Strategic Allied Consulting was caught tampering with voter registrations while working for the Republican Party.

Back then the company was called Sproul & Associates. Asked why he changed the company's name to Strategic Allied Consulting and removed his own name from the corporate documentation, Nathan Sproul, the firm's owner and operator, explained that he did so at the Republican National Committee's request, so they could distance themselves from his company's allegations of voter fraud in 2004.

So the Republican Party has knowingly paid millions to a company under investigation for interstate, systematic voter fraud, asking it to operate under an alias so the party could feign ignorance and avoid responsibility — all the while disenfranchising voters under the guise of preventing voter fraud! How can anyone support a party so willing to cheat American citizens out of their right to vote in order to win?

Metro does not endorse the opinions of the author, or any opinions expressed on its pages. Opposing viewpoints are welcome. Send 100-word submissions to letters@metro.us.

News in brief



▶ Airport scanner

GETTY IMAGES

Court rejects appeal on airport scanners

WASHINGTON. The U.S. Supreme Court yesterday refused to consider a Michigan blogger's challenge of the use of full-body scanners and thorough pat-downs at airport checkpoints.

Without comment, the court declined to take up Jonathan Corbett's complaint that the Transportation Security Administration's use of the screening techniques violated passengers' protection against illegal searches under the Fourth Amendment of the U.S. Constitution. **REUTERS**

White House targeted in cyber attack

WASHINGTON. The White House's computer system was targeted in a cyber attack, a senior administration official said, but no classified systems were breached.

There is no evidence that data was taken in the incident, the official said, adding that the attack was identified early and did not spread.

The attack was described as "spear phishing," the term for an attempted penetration using fake e-mails from a trusted sender, which the official said was "not infrequent."

On Sunday, a report from a news website "Freebeacon," that describes itself as an alternative to "the professional left," said that Chinese hackers had breached a White House military system. **REUTERS**

Court in new term will weigh issues, from LGBT to race laws

The U.S. Supreme Court will confront social issues that have divided the nation in a new term that may produce its first ruling on gay marriage and a rollback of protections for racial minorities.

The justices took the bench yesterday for the first time since June 28, when they upheld President Barack Obama's sweeping health care law. That 5-4 ruling, with Chief Justice John Roberts joining the four Democratic-appointed justices in the majority, proved so contentious that it led to rare leaks about the court's internal deliberations.

The health care debate now gives way to battles over civil rights, with cases that offer Roberts a chance to reclaim his conservative mantle. The court will consider university affirmative action and almost certainly will take on at least one gay-marriage case; it may also determine the fate of the landmark Voting Rights Act. The justices were hearing arguments yesterday on whether corporations can be held liable for human-rights abuses abroad.

As momentous as the last session was, "the 2012-13 term may just rival it in high-stakes cases," said Caroline Fredrickson, president of the American Constitution Society, a network of progressive lawyers and law students.

In addition, the court will consider cases involving drug-sniffing dogs, employment discrimination, class-action lawsuits and government surveillance of international phone calls and Internet communications. The term runs through the end of June. **BLOOMBERG**

Racial preferences

- The affirmative action case, to be argued Oct. 10, gives the court's Republican-appointed majority a chance to cut back racial preferences. Abigail Fisher, a white woman rejected by the University of Texas, says the school violated her constitutional rights by considering race as an admissions factor to boost black and Hispanic enrollment.
- Fisher's appeal takes aim at the court's 2003 Grutter v. Bollinger ruling, a 5-4 opinion that let colleges and professional schools use race as part of a "holistic" review of an applicant's file.

GETTY IMAGES

▶ Six states and the District of Columbia now recognize same-sex marriage, and voters in three other states will decide in November whether to legalize the practice.

Supreme Court may narrow law in human rights cases

The U.S. Supreme Court seemed skeptical yesterday of allowing victims of human rights abuses to sue in American courts against the foreign corporations accused of aiding in the atrocities.

But in oral arguments in one of the court's biggest human rights cases in years, some justices suggested they might not close U.S. courts to similar claims against individuals, including those who take refuge in the United States, or to claims involving U.S. companies

In the case, the first of the court's new term, 12 Nigerians accused Anglo-Dutch oil company Royal Dutch Shell Plc. of complicity in a violent crackdown on protesters by military ruler Sani Abacha from 1992 to 1995. **REUTERS**

GETTY IMAGES

▶ An Afghan policeman walks past the site of a suicide attack in Khost yesterday.

At least 14 killed in latest suicide attack on NATO patrol in Afghanistan

A suicide bomber killed 14 people, including three NATO soldiers and four police, and wounded 37 in Afghanistan's volatile eastern Khost province yesterday, a NATO spokeswoman and local officials said.

A U.S. official in Washington confirmed the three soldiers killed were Americans serving in the NATO-led International Security Assistance Force. Six civilians and an Afghan interpreter also died in the attack.

A witness told Reuters a suicide bomber wearing a police uniform struck as U.S. soldiers patrolled the city of Khost. A NATO spokeswoman confirmed only that the attack was carried out by a suicide bomber.

Provincial Governor Abdul Jabar Nahimi said the bomber had been riding a motorcycle packed with explosives, and 37 civilians were wounded in the blast.

The Afghan Taliban claimed responsibility, although Afghan insurgents are quick to claim any successful attack on foreign troops as their own.

The bombing followed the killing of two Americans on Sunday in an exchange of fire with Afghan forces. **REUTERS**

2,000

The death toll of U.S. military and civilian personnel rose above 2,000 in the 11-year war.

52

Insider attacks by members of the Afghan security forces against NATO allies resulted in 52 deaths this year among foreign forces.

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News in brief

Eight dead, a dozen missing after Hong Kong ferry capsize

HONG KONG. At least eight people died and more than a dozen are missing after a ferry packed with more than 120 passengers collided with a tugboat and sank south of Hong Kong last night.

More than 100 have been lifted so far from waters off Lamma, an island south of Hong Kong popular with tourists and expatriates, but it was not immediately clear how many were dead, a government spokeswoman said. **REUTERS**

Sanctions send Iran currency to all-time low against dollar

DUBAI. The Iranian rial plunged more than 7 percent in open-market trade yesterday to a new all-time low of about 32,000 per U.S. dollar, traders and currency-tracking websites said, meaning the currency has lost about a quarter of its value in the past week.

7%
The Iranian rial plunged over 7 percent in open-market trade yesterday.

The rial traded at 32,250 yesterday, currency-tracking website Mazanex said; an Iranian foreign exchange trader in Dubai confirmed the drop. **REUTERS**

Ikea airbrushes women out of images in catalog printed in Saudi Arabia

IKEA

▶ The Ikea group will "revise their procedures" to avoid similar situations in the future.

Swedish furniture retailer Ikea has erased women from the pages of its Saudi Arabian catalog.

The 2013 catalog, printed in 27 languages for distribution in 38 countries, looks almost alike worldwide, displaying identical interiors of kitchens and bathrooms. However, in the Saudi version women appear to be removed from the images. Metro Sweden first discovered the inconsistency on Ikea's online catalogs earlier this week.

For example, in the Swedish version of the catalog, a mother can be seen standing at a sink beside her child in a bathroom. But in the Saudi catalog, the mother is absent.

In another image, a young girl who appears to be doing homework has also been airbrushed.

27
The 2013 catalog prints in 27 languages to send out to 38 countries.

Under Saudi Arabia's strict Muslim law, women are not allowed to drive, vote or be outside of their home without the guardianship of a male relative.

Sweden's Minister for Trade Ewa Bjorling said the retouched images are a sad example of the oppression of women. **METRO WORLD NEWS**

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Urologic Consultants in Mercy Suburban Hospital
2705 DeKalb Pike, Suite 302, Norristown
Call to schedule: 610.233.3200

Thurs., Oct. 4 • 4-6 p.m
Urologic Consultants at Jeanes Hospital
7604 Central Ave., Friends Hall, Suite 104, Phila.
Call to schedule: 215.745.4130

breast cancer awareness

Leaning on each other, two survivors keep on

Germantown's Sarita Jordan 'had little to no support' before she joined Young Survivors She's found her 'rock' in fellow survivor

When Sarita Jordan was diagnosed with Stage I breast cancer in September 2005, one of the greatest challenges she faced was the lack of support from family and friends.

"I had little to no support at home, and I really didn't even know how to ask for somebody's help because I've always been the provider in my household," said Jordan, 43, a single mother of four. Her children were too young at the time to offer emotional support, although they assisted in small ways, fixing her toast since she had lost her taste during radiation treatment, and walking one another to the school bus. Instead, Jordan said she found her strength from a support group of older women who became like surrogate moms.

It was through the Young Survivors conferences that Jordan met one of her biggest supporters and closest friends, Ronyha O'Neal-Champ, of Little Rock, Ark. O'Neal-Champ, 50, has been diagnosed with breast cancer five times.

Quoted

"Where I might want to succumb to something that's going on, I look at her and she's still striving and thriving and she's gone through it five times."
JORDAN, OF O'NEAL-CHAMP

Despite the fact the two women lived hundreds of miles apart, they quickly developed a bond that allowed them to feed off each other's experiences.

"Where I might want to succumb to something that's going on, I look at her and she's still striving and thriving and she's gone through it five times," Jordan said, calling O'Neal-Champ her "strength pillar."

Meanwhile, O'Neal Champ, a married mother of one, described Jordan as her "rock." "A year or year and half ago, I would have chemo every Tuesday and she would call me every Tuesday morning before my chemo and have a pep talk," O'Neal Champ said last weekend during a visit to Philadelphia. Their families have gotten to know one another and the women get together at least four times a year. They are also both active in supporting other young women through various organizations. "My purpose was destined for that going through the road I've gone through," Jordan said.

Lean on me

O'Neal-Champ on Jordan: "A year ... ago, I would have chemo every Tuesday and she would call me every Tuesday morning before my chemo and have a pep talk."

▶ Both women are survivors who have used each other for support and friendship.

SOLOMON D. LEACH
sleach@metro.us

In the news

Breast Cancer Awareness Month kicks off

For the past three decades, first thousands and now millions of people across America take part in events throughout October as part of Breast Cancer Awareness Month. You'll see "pink events" and pink sponsorships everywhere from NFL football fields to huge, three-day walks across cities throughout the U.S. For more information, websites of organizations like the American Cancer Association will give you more than enough options to get involved. For now, take a look at one of Metro's best sections of the year: our Pink section.

Around town

GETTY IMAGES

▶ The 60-mile Susan G. Komen 3-Day Walk for a Cure will be held this weekend through Philadelphia.

Events being held in Oct.

Several organizations have events scheduled for this month. Here is a brief roundup:

Closet Full of Cures Wilmington
Oct. 8, 10 a.m.
Claire's Fashions Inc., Wilmington
Teens for the Cure Leadership is hosting the second in a series of events at which moms and teens can purchase prom/party dresses to raise funds for the Philadelphia affiliate of Susan G. Komen for the Cure.

Praise is the Cure Gospel Extravaganza
Oct. 9, 6:30 p.m.
Mount Airy Church of God in Christ, Philadelphia
Attracting over 2,500 people, the day culminates with a gospel concert feature world renowned artists and the debut of Praise is the Cure Survivors' Choir, "Voices of Praise."

Sisters Surviving Breast Cancer
Oct. 13, 8:30 a.m.
Hilton Hotel, Philadelphia
The American Cancer Society hosts this annual event that provides education, support and friendship to women touched by breast cancer, their family and friends.

GETTY IMAGES

▶ Jerry Blavat

Making Strides Against Breast Cancer Philadelphia
Oct. 20, 8 a.m.
Please Touch Museum at Memorial Hall in Fairmount Park, Philadelphia
The journey to end breast cancer starts with a single step. Take that step at one of the American Cancer Society Making Strides Against Breast Cancer 5k walks.

Rock the Ribbon
Oct. 26, 6:30 p.m.
Lincoln Financial Field, Philly
Jerry Blavat presents Breastcancer.org's Rock the Ribbon 70s Soul Revue, featuring The Stylistics Review and The Trammps. The event will feature music, dancing and silent auction.

breast cancer awareness

Giuliana Rancic: 'I'm stronger than I thought I was'

The breast cancer survivor and new mom tells us the toughest part of her health battle, plus the two men who helped her through it

Giuliana Rancic greeted us with her megawatt smile and a warm hello when we sat down to chat at the Hotel Gansevoort. Her elation was palpable. Less than one month earlier, she and husband Bill Rancic welcomed their little boy Edward Duke, delivered via surrogate. In fact, the E! News anchor credits her baby for helping to save her life.

Last year, during IVF treatment, a mammogram revealed a tumor. She was just 36. But it was caught early enough to be treatable. As this year's spokesperson for P&G's "Do It For the Girls!" Day of Action, Rancic hosted a Twitter party, #GIVEHope, to inspire women nationwide to conduct breast self-exams and take the first steps toward implementing an early detection plan. She talked to us candidly about her treatment, her travails and the joys of being a new mother.

You've said early detection saved your life. How so?

Early detection saved my life. When I was 34, I found my own lump and discovered that I had breast cancer as a process of going to the doctor a couple of weeks later. That was back at a time when nobody talked about breast cancer. There were no public announcements about Breast Cancer Awareness Month. The Internet was not around. There was nothing, even in the doctor's office. I was having to make a life-changing decision about my treatment based on just my instinct. As I founded the foundation, I knew that it was absolutely vital for women to have information.

How can a woman take control of her breast health?

I think it's very important that she set herself up on a schedule for a monthly self-exam. Just put it on your calendar — and regularly schedule doctor visits. Then, that leads to the mammograms. It's so vital for a woman to be very observant about her breasts and any changes because even if she's very young and thinking, "I'm not old enough to get breast cancer yet," you recognize those changes and anything that's different — like a dimpling of the skin, or any unusual change in size or redness, or discharge from the nipple. Anything that is different, don't try to diagnose yourself — get to the doctor.

How do you know if you're doing a self-exam correctly?

We have that information on our website, but also ... have a systematic way, like in a circular pattern using your index finger and [your middle] finger. You're just going into a circular pattern starting at the nipple and going around. Remember also under the arm — sometimes lumps can come up there too. There's another pattern that you can do, in rows. Start up high and go in rows down, kind of like you're planting corn.

How do you know if you've found something?

Women do have lumpy breasts. Most of the time they are not malignant tumors. But that's where you need to know your body. ... This is why you work in connection with your doctor and your self-exams and mammograms. With those three things, you're going to have a good system of early detection.

What are some of the new developments you've found in the fight against breast cancer?

The most exciting thing to me is the digital mammography. ... Personalized medicine is [also] amazing right now. ... Instead of just shooting chemotherapy and hoping that something works, everything is being personalized so they know the kind of treatment that will be effective.

METRO/JB

Q&A

What was the hardest part about all these pieces — the diagnosis, the treatment?

There are so many hard parts. But the one that sticks out the most is probably just finding out. I mean, when a doctor walks into a room and says you have breast cancer, those are the words you never want to hear. Cancer is just such a scary word. I think that initial shock and sadness is overwhelming.

Giuliana says:

"[At] your annual checkup, say to your doctor: 'This is my age, family history — what do I need to be doing? When do I need the mammogram? How I should I be doing a self-exam?' Have a plan so you can catch the breast cancer early. Early detection is everything."

That's exactly what saved my life — finding the breast cancer early. I was 36, had no family history and I found it early in a mammogram. I remember hearing I had breast cancer. I thought it was a death sentence. Then, it wasn't until the doctor said, "Since we found it early, you have a 98 percent survival rate," I went, "What? 58?" He's like, "98." I'm like, "Wow. That's good. I'm going to survive." ... As women we're so busy taking care of everyone else. ... We don't go to the doctor as much as we should. We just try to manage everything ourselves. But if you let it go, if you don't get checked and you find that you have an advanced stage of breast cancer, people are going to have to take care of you.

What did going through cancer teach you?

I'm stronger than I thought I was. But I think true strength comes when you have no other alternative but to be strong. Now I know I can tackle a lot of things that I never thought I could tackle before. ... The other thing [I learned] too is just how loving people are — not even just family and friends, but all around the world.

What kind of support did your family, your friends and your husband, Bill, give you?

Tremendous. The role of the friend and the husband is so important. I'd probably still be under the covers crying if it [weren't] for Bill. I think the best thing he did was allow me to cry and be angry. But eventually, he had to pull the sheets up and say, "Now let's figure out our plan." Once we had a plan I felt better. Under the covers I had no plan and everything was really scary.

How has being a new mom helped you through this?

Being a new mom is a dream come true. It's everything I thought and a lot more. It was after such a tough year. I always knew there would be a light at the end of the tunnel, but I didn't realize it was going to be so bright.

JERYL BRUNNER
letters@metro.us

Giuliana Rancic launched the "Do It For The Girls!" Day of Action in New York City on Sept. 20. If you change your Facebook profile picture through a custom photo app found at Facebook.com/pgmygive, P&G will donate $1 to the National Breast Cancer Foundation, up to $25,000.

Interview

National Breast Cancer Foundation founder on taking control of your health

Janelle Hail was diagnosed with breast cancer when she was just 34. It was 1980 and there was no Internet and no simple way to get answers. So 11 years later, she founded the National Breast Cancer Foundation to help educate women about early detection and raise funds to offer free mammograms. Five years ago, P&G came on board to to support the NBCF's programs.

Why is early detection key?

P&G/SUSAN GOLDMAN

▶ If you're not insured, Janelle Hail (pictured) says you can visit www.nationalbreastcancer.org/national-mammography-program to find out where free mammograms are offered in your area.

Quoted

"Anything that is different, don't try to diagnose yourself — get to the doctor."

HAIL

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October means an annual array of pink products for breast cancer charities Where your spending counts

1 $1 from the sale of every **Gaiam pink-ribbon yoga mat** designed by Colleen Saidman (the wife of yoga guru Rodney Yee) will go to the Breast Cancer Research Foundation. **$22, www.shopgaiam.com**

2 **Bialetti's Aeternum**, already huge in Italy, is available stateside in pink to support the National Breast Cancer Foundation. Ten percent will go to the foundation. **$50, Bed, Bath and Beyond**

3 All proceeds from this sterling silver necklace by Jennifer Meyer (Tobey Maguire's wife) benefit Stand up to Cancer. **$250, www.standup2cancer.org/shop**

4 Fifty percent of proceeds from **Rebecca Taylor's bright pink blouse** will be donated to the Triple Negative Breast Cancer Foundation, which raises funds and awareness for this type of breast cancer that often strikes young women and African-Americans. **$225, www.rebeccataylor.com**

Whether you live in NYC or are just visiting, hop aboard Gray Line's Big Pink Sightseeing Tour and $1 of each adult ticket will go to the Breast Cancer Research Fund. $44, www.newyorksightseeing.com

Send your favorite patient flowers from OrganicBouquet.com — 15 percent of the price of select florals and gifts go to breast cancer charities, including BreastCancer.org and Dr. Susan Love Research Foundation.

5 The **Sonia Kashuk Proudly Pink 5-Piece Purse Set** is available year-round, and 15 percent of the purchase price goes to the Breast Cancer Research Fund. **$15, www.target.com**

6 Bid on this **David Rockwell** chair and 80 percent of the total money raised will benefit the Breast Cancer Research Fund. The auction closes Oct. 31. **www.charitybuzz.com**

7 All proceeds from **OnGossamer**'s soft and cozy **Cabana Cotton Target** collection will go to Fashion Targets Breast Cancer. **$16-$32, www.ongossamer.com**

Coastal.com will donate $25 to the Linda Creed Breast Cancer Foundation for each purchase of its Pink Frame collection. $98 (single vision lens included), www.coastal.com

1

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Run for it

1 **New Balance** is donating 5 percent of the suggested retail price of its Lace up for the Cure 860's v2 sneakers (available year-round), with a minimum donation of $500,000, to Susan G. Komen Race for the Cure. **$110, www.newbalance.com**

2 Snag these kicks from **Etnies** and 5 percent of the proceeds will go to the Keep a Breast Foundation, which is focused on raising awareness in young people. **$75, www.etnies.com**

3 **ASICS** has partnered with Christina Applegate's Right Action for Women fund for women at an increased risk of breast cancer. $2 from each pair of GT-1000 PR Running Shoes will be donated, up to $100,000. **$100, www.asicsamerica.com**

2

3

Advice

Donate smart

If you want to make a donation to a breast cancer charity, follow these tips from Sandra Miniutti, vice president of marketing and CFO at Charity Navigator, which evaluates nonprofits:

Know what the charity really does. "I think there's a general misunderstanding among donors. They think that Charity X does research when maybe all it really does is awareness, or maybe it funds mammograms for women that can't afford it. You really need to dig down into the charity's programs and services and make sure that that's something you want to support."

PIXLAND

Check its finances. "That's something we do at Charity Navigator, and if it's not a charity we rate, we offer lots of tools to help donors do that themselves. You want to make sure the bulk of the charity's spending is going into programs and services."

Look for accountability and transparency. "Does it have an independent board of directors to provide proper oversight? Does it post information on its website about its finances? Even at a very basic level, does it answer your questions if you give them a call?" METRO/ME

Do your homework

"Being proactive is better than just giving to the first person outside of the big-box store," says Lindsay Nichols, communications director for Guidestar.com, another charity evaluator. GuideStar offers the following five-step plan for giving:

- **Clarify your values and preferences.** Consider the type of charity with which you'd have the best connection.
- **Focus on the mission.** Dig into the organization's GuideStar profile, visit the nonprofit's website, or look into recent press articles and media mentions of the organization to learn more about its mission and programs.
- **Verify a charity's legitimacy.** On GuideStar, you can find out if a nonprofit is a legitimate tax-exempt organization. If the charity is not on GuideStar, ask to see its letter of determination. If it's faith-based, ask to see its official listing in a directory for its denomination.
- **Get the facts.** A reputable organization will define its mission and programs clearly; have measurable goals; describe its achievements; discuss its programs and finances; not use pressure tactics; be willing to get you more information; and take "no" for an answer.
- **Trust your instincts.** If you still have doubts about a charity, don't contribute to it.

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–Nicholas B.,
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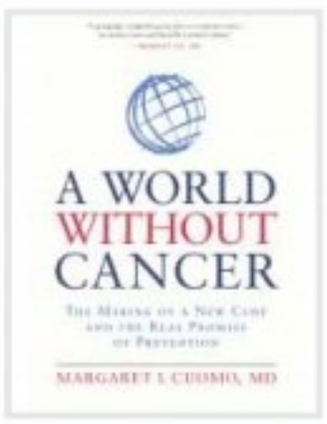
breast cancer awareness

Expert interview



Inside the cancer industry

Dr. Margaret I. Cuomo's book title makes a bold claim. But is "A World Without Cancer" really possible?

"It's not only possible, it's necessary," she says.

One school of thought about the disease is that it has always existed. Another is that it's the result of the post-Industrial Revolution age.

"We really don't know if cancer's always existed," she says. "There was no documentation back then. What we do know is that the industrial age brought a host of toxins that didn't exist before."

Rather than fight cancer, Dr. Cuomo advocates a personal and societal policy of avoiding it. But with legislation favoring cures over prevention, and pharmaceutical companies calling the shots, she argues that cancer has become an industry itself.

"Only 5 percent of every dollar spent on health care goes to prevention. The billions spent on treatments that prolong life for weeks or months, or even result in other illnesses — we can't afford that route."

Prevention means stopping toxins entering our environment and therefore our bodies.

"Industry needs to step up, government needs to step up and people need to make the right choices," she says. "Lessen your toxic load."

METRO/LC

Deepak Chopra calls for change 'We spend so much money on curing illnesses that in all probability ... we are responsible for'

AMY SUSSMAN/AP IMAGES FOR SEVENTH GENERATION

From left: Sara Snow, Deepak Chopra, Jeanne Rizzo and John Replogle speak about the toxins found in your everyday life and their ties to cancer.

Is your daily routine leading to breast cancer?

Green-living advocate Sara Snow recently joined health guru Deepak Chopra, CEO Jeanne Rizzo (of the Breast Cancer Fund) and CEO John Replogle (of natural household product company Seventh Generation) to discuss carcinogens — cancer-causing elements — added to cleaning, laundry, personal care and baby care products. Scientists have identified links between ingredients in many of the products we use every day and breast cancer; being exposed to such ingredients has been thought to increase our risk for developing the disease.

The panel conversed about a proposed USDA Certified Biobased label to identify products that don't use harmful chemicals, similar to the way that organic food is labeled.

"Fifty percent of Americans are unaware these products contain petroleum-based ingredients," Replogle said. "[They] want to protect their well-being but are highly confused. Consumers need to be regulators and make demands on legislature about ingredient disclosure."

Women, who naturally have more fat cells than men, are at particular risk because toxins are largely fat-soluble and are stored in body fat. Rizzo spoke directly of the harmful chemicals that make up fragrances added to products.

"Thousands of chemicals are put into conventional household products to create fragrance," she said. "The more fat you're holding, the more chemicals you're holding in your body. It's a very vicious cycle. We need to shift the research to prevention. A paradigm shift is critical."

Prevent vs. cure

Chopra advocated preventive lifestyle choices to remove toxins from our daily lives — and therefore our environment:

"The insanity of it is that we spend so much money on curing illnesses that in all probability — I would say 100 percent probability — we are responsible for."

"Two-thirds is not enough," he said, referring to a recent study that found two thirds of American adults expressed concern about household chemicals. "It should be 100 percent."

LINDA CLARKE
letters@metro.us

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breast cancer awareness

Diagnosis and treatment

STOCKBYTE

▶ A new blood test can diagnose cancer in less than one hour.

New blood test gives early results

Study subjects: 32 people in diverse stages of breast cancer
Location of study: U.S.
Results: Researchers at Kansas State University developed a straightforward blood test that within one hour can identify human cancers — including breast and lung — even before symptoms are present. The test is being tested for other cancers, too.
Significance: Early detection means improved chances of preventing cancer from spreading, or becoming fatal, and makes treatment less invasive.

Tumor profiling provides more effective treatment

Study subjects: 825 breast cancer patients
Location of study: U.S.
Results: Researchers at the Washington University School of Medicine completed a major analysis of the genetics of breast cancer and found four major categories of the disease. Among their findings is the possibility that drugs already found to work against ovarian cancer could be effective against one type of breast cancer they identified.
Significance: The new school of thought concentrates on types of tumors rather than the area of the body where cancer develops. Pinpointing a type of cancer's genetic makeup helps to provide a more effective treatment.

Male breast cancer study offers clues

Study subjects: 823 male breast cancer patients
Location of study: U.K.
Results: London's Institute of Cancer Research conducted the world's largest study of male breast cancer and isolated one particular gene as a risk factor in half the cases. Mutations in the RAD51B gene, which aids DNA repair, can increase a man's breast cancer risk by as much as 50 percent. RAD51B mutations are thought to increase the risk of female breast cancer, too.
Significance: Male breast cancer is rare, but studying both male and female breast cancer increases knowledge of the disease as a whole. The findings could lead to new treatments for men battling the disease.

40%

Forty percent of women have dense breasts, leaving them at a higher risk for mammogram reading errors.

Ultrasound device approved

Study subjects: Clinical study
Location of study: U.S.
Results: The FDA has approved an ultrasound device that can detect tumors in dense breast tissue. The higher amount of connective and glandular tissue in dense breasts makes tumors more difficult to detect by standard mammogram. The somo-v Automated Breast Ultrasound System scans more accurately and produces several images in about one minute.
Significance: Forty percent of women have dense breasts, leaving them at a higher risk for mammogram reading errors. The device is not for useful women who have had biopsies or breast surgery.

LINDA CLARKE

Advice

Finding your way back to intimacy after cancer

STOCKBYTE

Women tend to be critical of their bodies at the best of times. After breast cancer treatment, which is among the worst of times, regaining intimacy seems daunting.

"Women undergo many changes after breast cancer treatment," says Dr. Melanie Davis, co-president of the Sexuality and Aging Consortium at Widener University. "There's a big change in body image, especially if surgery is involved. ... So much breast tissue is removed, and if the nipple is removed many aspects of sexual pleasure have changed."

Even without surgery, cancer treatment can cause issues such as vaginal dryness, which makes penetrative sex painful.

The best remedy is a playful attitude. Intimacy goes beyond penetration and can include oral sex, sex toys and team masturbation — all in a pressure-free environment.

"When sex is defined as a penis in a vagina until there's a climax, it's too goal-oriented. The goal is pleasure."

METRO/LC

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American Cancer Society®

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Saturday, October 20, 2012

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Opening Ceremony: 7:30 a.m.
Run and Walk Start: 8:00 a.m.

Memorial Hall, West Fairmount Park,
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www.makingstrideswalk.org/philly

Cancer Prevention Study

This year the Making Strides Against Breast Cancer event will be one of the enrollment sites in the Philadelphia community for the historical Cancer Prevention Study – 3(CPS-3). This study will help American Cancer Society researchers better understand the genetic, behavioral, environmental, and lifestyle factors that cause or prevent cancer. All community members between the ages of 30 and 65 who have never been diagnosed with cancer are invited to enroll in this study.

Cancer Prevention Study Enrollment: 7:00 a.m. to 11:00 a.m.

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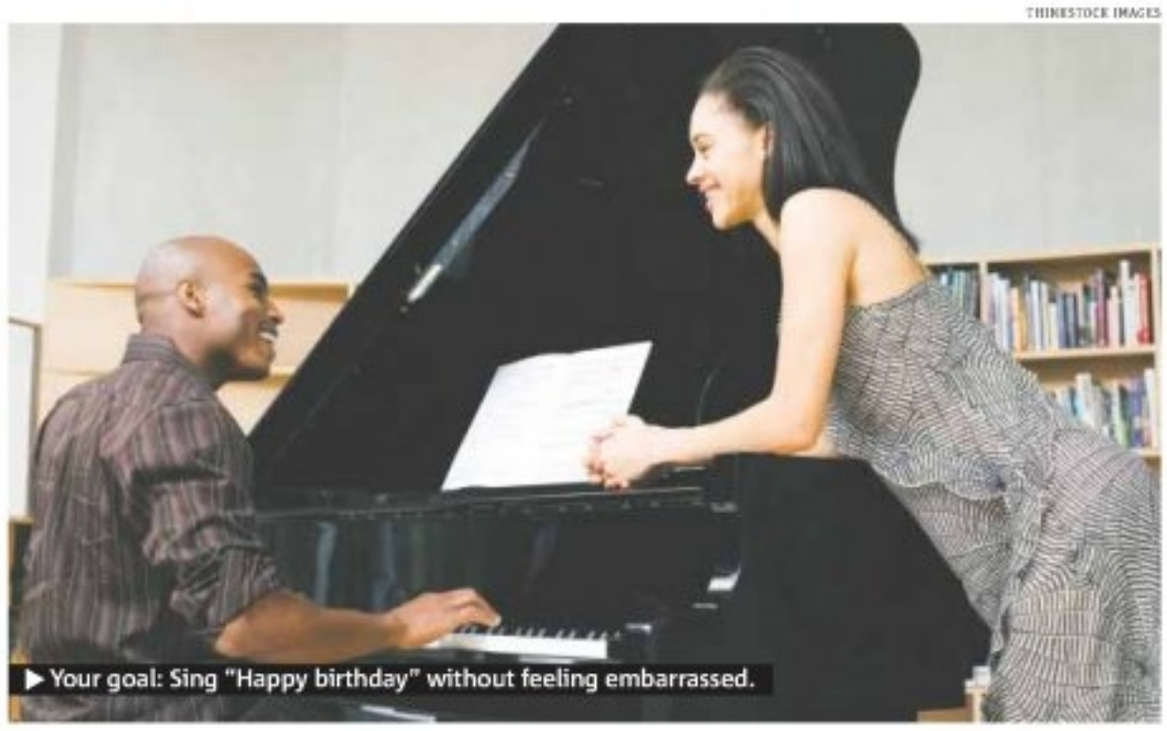
A college professor's notes on singing

If you can't sing, it's probably because no one ever taught you ▶ Penn State's Joanne Rutkowski on finding your voice ▶ Where you can hone your talent

THINKSTOCK IMAGES


▶ Your goal: Sing "Happy birthday" without feeling embarrassed.

Could your singing make the "X Factor" audition fail reel? When it's time to sing "Happy Birthday," do you stand in the back of the group and mouth the words? The problem probably isn't that you can't sing — it's just that you've never learned how.

That's what Joanne Rutkowski, a professor of music education at Pennsylvania State University, thinks, anyway. "A few people can't sing in tune — that's because they don't listen," she says. "For most people, though, the issue is how they're using their voice."

Humans actually have two different modes for voice use. "It's like a manual transmission," Rutkowski says. "You could get up to 30 [mph] in first gear, but it's not good for the engine. Learning to sing is about finding your voice's different gears and learning how to shift smoothly from one to another."

She teaches a half-credit class for future music teachers. Each student picks a non-singing friend or relative and, over the course of the semester, teaches him or her to sing. "They record them singing 'Happy Birthday' at the beginning of the semester, and then again at the end," she says. "The difference is always amazing." And the guinea pigs, of course, are all delighted with their new skills.

"Successful music education would be if every high school graduate could sing 'Happy Birthday' to his or her children," Rutkowski says, "But it's never too late to learn."

JUDY WEIGHTMAN
letters@metro.us

Quoted

"Successful music education would be if every high school graduate could sing 'Happy Birthday' to his or her children."

JOANNE RUTKOWSKI, A PROFESSOR OF MUSIC EDUCATION AT PENNSYLVANIA STATE UNIVERSITY

Places to practice

Would you like to learn to sing? Rutkowski suggests these resources:

- Church choir
- Community music school
- A university department of music education
- Your child's elementary or middle-school music teacher
- "And just sing in the shower!" she says. "Explore your voice, relax and have fun with it."

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In the news

Got 60 seconds? Get informed

In a world of texting and tweeting, not many people are willing to spend an entire hour listening to a lecture. The School of Arts and Sciences at the University of Pennsylvania is there to help with its on-the-go series, 60-Second Lectures. The talks, hosted by College of Arts & Sciences dean Dennis DeTurck, are presented at lunchtime at Stiteler Plaza (37th Street and Locust Walk).

The last lecture in the fall series will be tomorrow at 11:55 a.m., when music professor Carol Muller will explain "For the Love of Online Learning" in a minute flat. Her Coursera class on world music had more than 35,000 students the first time it was offered.

Earlier this fall, history professor Mary Frances Berry spoke on "What Would the Founders Think?: Political Polarization and the 2012 Election," and Kok-Chor Tan of the philosophy department delivered "Injustice and Personal Pursuits." These lectures, along with others dating back to 2002, are available on Facebook, YouTube and iTunesU.

PENN

▶ Penn students listen to a 60-second lecture.

Temple announces ambitious scholarship fundraising goal

Temple University has announced plans to raise $100 million in scholarship funds over the next five years. Acting President Richard Englert says scholarship money will be part of the university's efforts to maintain its longstanding commitment to quality, affordable education.

In addition to freezing tuition for the 2012-13 year, Temple added $8 million to the financial aid budget, bringing the total to $90 million.

Despite Temple's efforts, however, "our students find themselves taking out loans that follow them long into their working lives," Englert said.

More scholarship money would reduce the amount that students need to borrow. Of the $100 million the school hopes to raise, half will go for immediate distribution as scholarships, and the other half will be added to the endowment to support scholarships in the future.

"We are especially calling on our alumni, all over the United States, to step up and help Temple students get the same affordable, accessible education they had," said Patrick O'Connor, chairman of Temple's board of trustees. METRO/JW

myentertainment

THE WORD

Metro's **Dorothy Robinson** shares her take on the world of gossip @dorothyatmetro dorothy.robinson@metro.us

Christina Aguilera: I'm through being skinny

The Word has been waiting for **Christina Aguilera** to lose weight and then get paid a mint to appear in an Us Weekly cover story to talk about how she shed the pounds — aka Tabloid Journalism 101.

But, God bless her, it doesn't look like that cover is coming up any time soon, as Aguilera is embracing her curves.

In a recent interview with Billboard magazine, "The Voice" mentor says she's through worrying about staying skinny to promote her music. "During the promotion of my album 'Stripped,' I got tired of being a skinny white girl. I am Ecuadorian, but people felt so safe passing me off as a skinny, blue-eyed white girl," she says, recounting how she put on 15 pounds during promotion for that album, prompting a "serious emergency meeting" with her label reps about potential backlash over her weight gain. "[They claimed] people I toured with would also miss out if I gained weight because I would sell no records or tickets for my shows," she explains. "I was young, so I lost the weight quickly and was toothpick thin during 'Back to Basics' promos and touring."

Aguilera is keeping her badonkadonk.

Ross

But for her latest record, she'd had enough: "I told them during this 'Lotus' recording, 'You are working with a fat girl. Know it now and get over it.' They need a reminder sometimes that I don't belong to them. It's my body," Aguilera says.

The whole time I was writing this, I was thinking about the photo of **Rick Ross** at this weekend's BET awards [above]. He, too, seems to embrace his weight. And yet, I'm guessing at his next sit-down interview, he's not going to have to talk about his decision not to diet in relation to his music, is he?

Seth MacFarlane to host 2013 Oscars

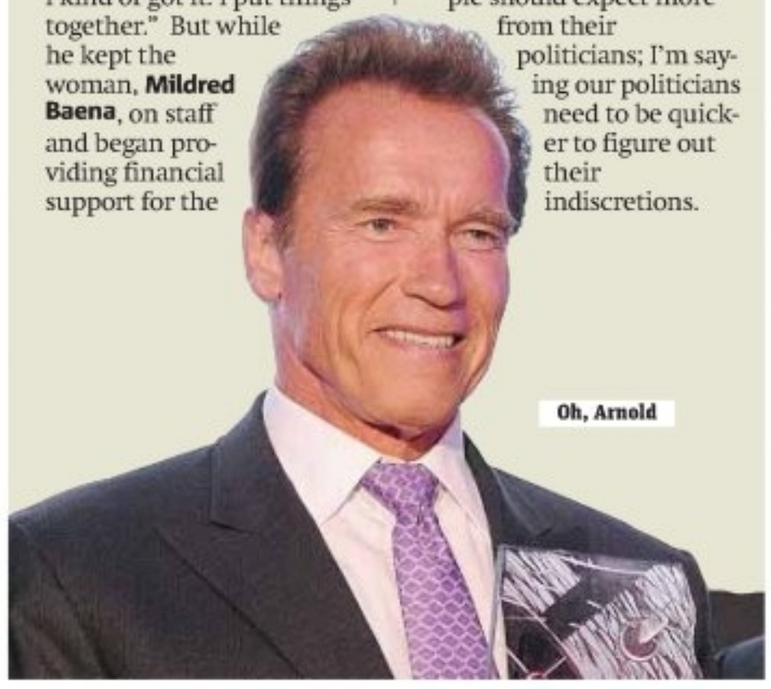
The Academy of Motion Picture Arts & Sciences tapped "Family Guy" creator **Seth MacFarlane** to host the 85th Oscar telecast in February.

That's a very good choice. Not only can he do all of those voices, but MacFarlane is also a great song-and-dance man. He's like the frat boy version of **Hugh Jackman**.

Arnold admits to affair

Arnold Schwarzenegger claims he didn't know he'd fathered a child with his longtime housekeeper until the boy "started looking like me," he says in an interview with "60 Minutes" to promote his new memoir, "Total Recall." "That's when I kind of got it. I put things together." But while he kept the woman, **Mildred Baena**, on staff and began providing financial support for the boy, he was in no hurry to tell wife **Maria Shriver** or their four children. "It was very difficult, strange, bizarre," Schwarzenegger says. "I just said to myself, 'OK, I'm going to put this away.'"

It took him years to figure out that he fathered a child with his housekeeper? A little slow on the uptake, Arnold. I'm not saying people should expect more from their politicians; I'm saying our politicians need to be quicker to figure out their indiscretions.



Oh, Arnold

Talking points

Swift just loves love, OK?

In what is probably not the most shocking news of the year, **Taylor Swift** admits she can fall in love easily. The 22-year-old singer-songwriter tells Marie Claire magazine that she still believes in love "even after it explodes into a million pieces and burns down and you're standing in a pile of ash of what it once was, thinking, 'Why did I have to meet this person, why did this have to happen?' But then, when you make eye contact with someone across the room and it clicks and, bam, you're there: in love again." As for her penchant for writing explicitly about ex-boyfriends in her songs? She makes no apologies. "It's not like it's in the fine print," she says. "It's not my fault if someone gets into a relationship with me and then cheats and I write a song about it."

▶ Bieber goes barf.

Bieber: The tale behind the vomit

Justin Bieber's latest tour got off to a rocky start over the weekend when he hunched over and vomited during one of his songs, according to video obtained by TMZ. The singer hurried offstage but soon returned to finish the set. "It's hard for me, you know, not feeling great and throwing up in front of a bunch of people," he told the crowd. He later made light of the incident on Twitter, posting, "Milk was a bad choice."

2

The feed ...

▶ Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Lindsay Lohan is having communications issues, David Spade might have a problem, Diablo Cody has some pop culture blind spots and Seth MacFarlane is not having a good time at the theater.

@lindsaylohan
My iPhone broke and i need to get the new iPhone5, but they are sold out everywhere!!!

@DavidSpade
its shocking how many times i go on web md for 'pill identifier'...

@diablocody
My parents wouldn't let us get cable; therefore I know nothing of your "Fraggles."

@SethMacFarlane
Hey guy in the audience laughing out loud at the jokes in a Shakespeare play— you make the world a worse place.

Diablo Cody

What your favorite chefs did over the weekend — and no, it wasn't cooking

1 **Giada De Laurentiis**, her daughter Jade Thompson and her nephew Julian Vaguelsy attended the L.A. Loves Alex's Lemonade Culinary Event on Saturday in Culver City, Calif.

2 Restauranteur **Mario Batali** attended "Jay-Z In Concert" at Barclays Center on Friday night in Brooklyn.

3 The always-lovely **Nigella Lawson** was seen at BBC Radio 2 on Monday in London.

4 Las Vegas chef **Saul Ortiz-Cruz** attended the Epicurean Charitable Foundation of Las Vegas' annual scholarship fundraiser, M.E.N.U.S. (Mentoring & Educating Nevada's Upcoming Students), at The M Resort Spa & Casino's upscale Villaggio Del Sole Pool and Entertainment Piazza.

5 "Rock 'n' roll" chef **Kerry Simon** also attended the M.E.N.U.S. event.

6 "Iron Chef" **Cat Cora** attended the 2012 Environmental Media Awards at Warner Bros. Studios on Saturday in Burbank, Calif.

1. AMANDA EDWARDS/WIREIMAGE
2.JOHNNY NUNEZ/WIREIMAGE
3. NEIL MOCKFORD/FILMMAGIC
4.5.DAVID BECKER/WIREIMAGE
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Electing to laugh

It can be hard to find the humor in politics, especially during election season But 1812 came up with plenty for 'This Is The Week That Is'

If you take Jen Childs' assessment at face value, it doesn't bode well for the latest installment of 1812 Productions' annual political satire. "I don't find anything funny about this election," Childs says bluntly.

But don't expect this year's "This Is The Week That Is" to be any less side-splitting than its six predecessors. Childs and head news writer Don Montrey have been busily mining headlines for comedic gems, resulting in a show that tours both presidential candidates' homes, reenacts the country's first election and visits a county fair in honor of the Year of the Woman.

"It's my job to take these things that I don't find funny and to transform them into humor," Childs explains. "Some of the best stuff that I've written has been about events that made me really, really angry. In a curious way, it's my activism."

This year's show boasts a new set and multimedia design and a seven-piece ensemble skewering topics from Todd Akin to Chik-fil-A.

Granted, the experience of creating 1812's second "Election Special" is an inevitable comedown thanks to the absence of a certain key player in the race the last time around.

"The last election we had Sarah Palin," Childs sighs with a palpable nostalgia. "She was the comedic gift that kept on giving. The energy of this election special is a little bit different."

Dave Jadico stars as Mitt Romney and Reuben Mitchell as President Obama in "This is the Week That Is."

If you go

1812 Productions: 'This Is The Week That Is: The Election Special'
Through Nov. 4
Plays & Players Theatre, 1714 Delancey St.
$22-$38, 215-592-9560
www.1812productions.org

SHAUN BRADY
shaun.brady@metro.us

TV watch list

CREG GAYNE/FOX

▶ Melanie Griffith guest stars as Sabrina's mother on "Raising Hope."

'Raising Hope'

COMEDY. Melanie Griffith guest stars as Sabrina's superficial mom, who is the perfect uptight opposite of her daughter's hapless boyfriend, Jimmy, and his dysfunctional clan. The first meeting of the families is at the funeral for Sabrina's nana, laying the groundwork for instant disappointment and embarrassment. **Season premiere, 8 p.m., Fox**

'Hart of Dixie'

DRAMA. NYC transplant Zoe must choose between her Southern suitors, George and Wade, to set up all sorts of plotlines involving jealousy and heartbreak for Season 2. **Season premiere, 8 p.m., The CW**

'The Voice'

REALITY. In case you missed any of the chair-spinning action or mentors bickering over contestants, here's a recap of the blind audition rounds. **8 p.m., NBC**

'The Mindy Project'

COMEDY. Mindy offers a nursing job to an ex-con, further demonstrating her poor taste in men. **9:30 p.m., Fox**

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You 'Wanna Know' Nick Waterhouse

The California native takes a leap of faith with his debut in a stunning mix of rock, soul and punk You'll want his record collection — and closet

Rhythm and blues throwback Nick Waterhouse's "Say I Wanna Know" — in heavy prime-time rotation courtesy of an Acura commercial — could easily be mistaken as a lost gem of the 1950s. The slinky, horn-driven track is attention-grabbing in its uniqueness circa 2012, just as Waterhouse's penchant for Brooks Brothers shirts and horn-rimmed glasses makes him an anomaly in an era when CEOs wear Chuck Taylors and hoodies to the office.

"I guess it's like white blood cells — all of a sudden, people really notice that you stick out like a sore thumb," the Los Angeles singer says of the soulful, rock-and-stomp sound found on his debut album, "Time's All Gone," released in May. "I'm just doing the same thing that Muddy Waters was doing to blues or Van Morrison was doing to soul or Elvis Costello was doing to classic pop. [The influences] filter through you and turn out a slightly different way, but you definitely hear traces of everything in there."

"I was always really curious. I was kind of a bookworm kid."
NICK WATERHOUSE

Waterhouse says he has "kind of always been the thumb" — "I don't really know another way," he admits — ignoring music trends in favor of learning everything he could about early rock 'n' roll, soul and jazz. (A little punk rock was thrown in there too, courtesy of his dad's Black Flag cassettes.)

"I was always really curious. I was kind of a bookworm kid," the 26-year-old explains. "I liked reading and researching, but it wasn't research to me, it was just trying to quench the really deep desire to understand the world around me."

Everything began to make a little more sense with his mom's Van Morrison records playing in the background.

"I happened to feel more comfortable in music; I thought that music was the best way to relate to the world, so that was something that I ended up pursuing," says Waterhouse, who picked up trumpet in third grade before switching to guitar, which he continues to study and play today like a mad genius. "I could have maybe been really into something else, but I don't know," he adds. "This is just how it turned out."

AMBER RAY
amber.ray@metro.us

Nick Waterhouse plays Johnny Brenda's tomorrow night (www.johnnybrendas.com).

On his terms

After spending his early 20s in a string of dead-end jobs and no-good relationships, Nick Waterhouse turned to music and decided to record the album he wanted, on his terms.

"I spent maybe a decade of my life being afraid of [pursuing what I really wanted]. ['Time's All Gone' is] a leap of faith record, where I was like, 'Man, I'm just gonna do this and, you know, f— it,' Waterhouse says. "I didn't care about being judged anymore."

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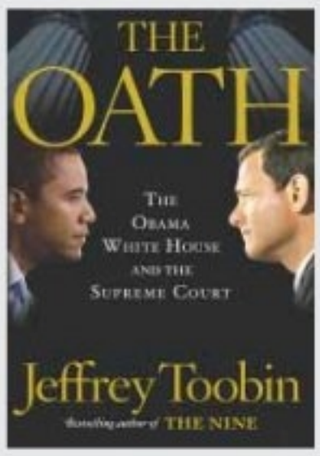
Fall into these pages

Forget beach reads — autumn is the perfect time to crawl under a blanket with a good book From memoir to fiction, here are some of the standouts



'The Oath: The Obama White House and the Supreme Court'

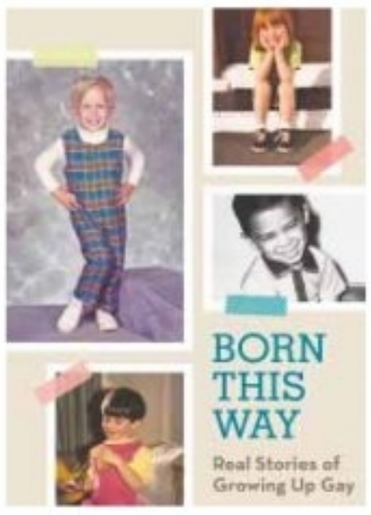
By Jeffrey Toobin
Out now
In his best-selling work, "The Nine," Jeffrey Toobin examined our current Supreme Court with the heart-stopping intensity of a thriller. Now in "The Oath," he tackles the Obama administration and its battles with the Court's conservative majority at the same breakneck pace.

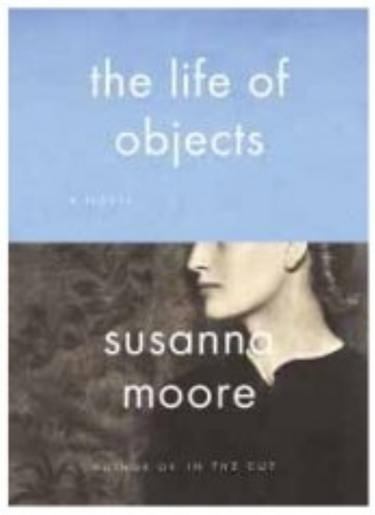
'Born this Way: Real Stories of Growing Up Gay'

By Paul Vitagliano
Oct. 9
There's no better way to celebrate National Coming Out Day on Oct. 11 than with this touching compendium of LGBT people recounting how they came to realize they were gay and sharing their subsequent coming out stories. The pictures of them in all their youthful fierceness make the book.

'The Life of Objects: A Novel'

By Susanna Moore
Out now
In her trademark tight, crisp, descriptive prose, Susanna Moore delves into World War II with her latest heroine, 17-year-old lacemaker Beatrice Palmer, who falls in with an aristocratic German family.

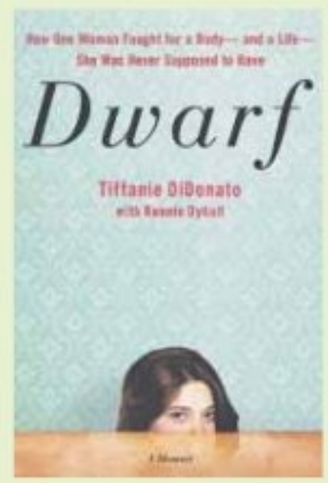




'The Best American Comics: 2012'

Francoise Mouly, editor
Out now
There's been a "Best Of" compilation of almost every genre of writing; why should comics get passed over? Curated by Francoise Mouly, this collection presents the best work from comic world icons and up-and-comers alike. It's a standout collection — even if the year isn't over yet.

DOROTHY ROBINSON
dorothy.robinson@metro.us



'Dwarf: A Memoir'

By Tiffanie DiDonato
Nov. 27
Many memoirs can feel voyeuristic at times, but not Tiffanie DiDonato's. "Dwarf" is her tale about growing up with a rare disorder known as diastrophic dysplasia and the surgeries she had to undergo to lengthen her limbs. DiDonato fought with courage and aplomb for the inches she gained — and the life she got because of it.

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Letters

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Don't let the poll numbers lead you around by the nose

RE: "APPARENTLY DONKEYS WEIGH A LOT MORE THAN ELEPHANTS" (METRO, OCT. 1) Letter writer Ron Shelton is absolutely right: Obama will lead in the polls if you ask more voters who support him, obviously. The polls don't come close to reflecting the political breakdown of the nation; they are grossly inaccurate. In addition to this fact, the pollsters are using 2008 figures, which are grossly inflated on turnout because the dynamics were different. In 2008, people were angry with the war in Iraq and there was a novelty factor because America never had an African-American president; however, both of those factors have subsided a great deal. Campaigns use polls to validate current policies. But it may hurt the campaigns if they aren't honest with themselves and don't change tactics as needed.

JOHN HEMPILL, VIA E-MAIL

Plans only work if people make them

I have watched from the sidelines as the Occupy movement has tried to gain traction with no visible success. And, as a professional communicator now teaching the next generation(s) of communicators, I see one clear reason why: lack of a cohesive message and visible spokesperson relaying that message. Efforts have been a hodgepodge of self-righteous, indignant protestations from scattered supporters — not from one centralized source. Effective communication is the result of cohesive and coherent actions taken to inform the public. The Occupy movement's communication office is "unoccupied."

KIRK HAZLETT, VIA E-MAIL

Keep pols firmly in taxpayers' pockets

RE: "TAKE THIS TO THE BANK: BIG DONORS GET WHAT THEY PAY FOR" (METRO, SEPT. 27) I agree with Michael J. Frosch that campaign finance is the root cause of government dysfunction. I understand Occupy's distaste for making specific demands, but if there's one thing worth camping in public parks, marching in the streets and possibly getting arrested for, it's public financing of elections. With that revolutionary change, the purchasing of politicians by corporations and the ultra-wealthy would be eliminated, and our elected representatives would be accountable to all the voters.

JEFF STONE, VIA E-MAIL

Justice is blind — politicians are not

RE: "IN BLIND INVESTING WE TRUST?" (METRO, SEPT. 25) I think Michael J. Frosch wrote a great news column. He is questioning the whole concept of "the blind trust" that politicians use when they run or get elected to office. The office-seekers claim that they are appointing a trustee that gives the latter total control over all investment decisions. The politician supposedly doesn't know what the trustee invests in nor has any influence in it. But as Frosch implies, what would prevent the politician to provide his or her input by simply (orally) telling the trustee what to do.

MARTIN FEUERMAN, VIA E-MAIL

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Keep them as brief as possible, preferably under 100 words.
Metro reserves the right to edit all letters.
Please include your name and contact information.

Horoscope

♎ Libra **Sept. 23-Oct. 23.** Don't worry if things have been a bit dull lately on the social front. A series of exciting developments are in the making, and you'll get wind of them soon.

♏ Scorpio **Oct. 24-Nov. 22.** Circumstances are starting to intervene on your behalf, turning several iffy situations into something lucrative.

♐ Sagittarius **Nov. 23-Dec. 21.** An exciting new project that has a lot of promising potential is likely to capture your fancy at this time. It'll be the kind of endeavor that will be a pleasure to undertake.

♑ Capricorn **Dec. 22-Jan. 19.** Try to devote as much time and effort as possible to some of your more ambitious objectives. Your chances of realizing fulfillment look to be exceptionally good.

♒ Aquarius **Jan. 20-Feb. 19.** Engaging in mundane routine is likely to bore you to distraction. However, developments that challenge your ingenuity will bring out your championship qualities.

♓ Pisces **Feb. 20-March 20.** Something advantageous of a business nature is developing for you at this time. You might learn about part of it today, but there will be much more manifesting tomorrow.

♈ Aries **March 21-April 19.** Don't attempt anything on your own that can be better accomplished with a competent ally. You'll be far more fortunate doing things with a partner than by yourself.

♉ Taurus **April 20-May 20.** Something wonderful could happen for you where your work or career is concerned. You'll need to be on your toes, because what develops will require an instant response.

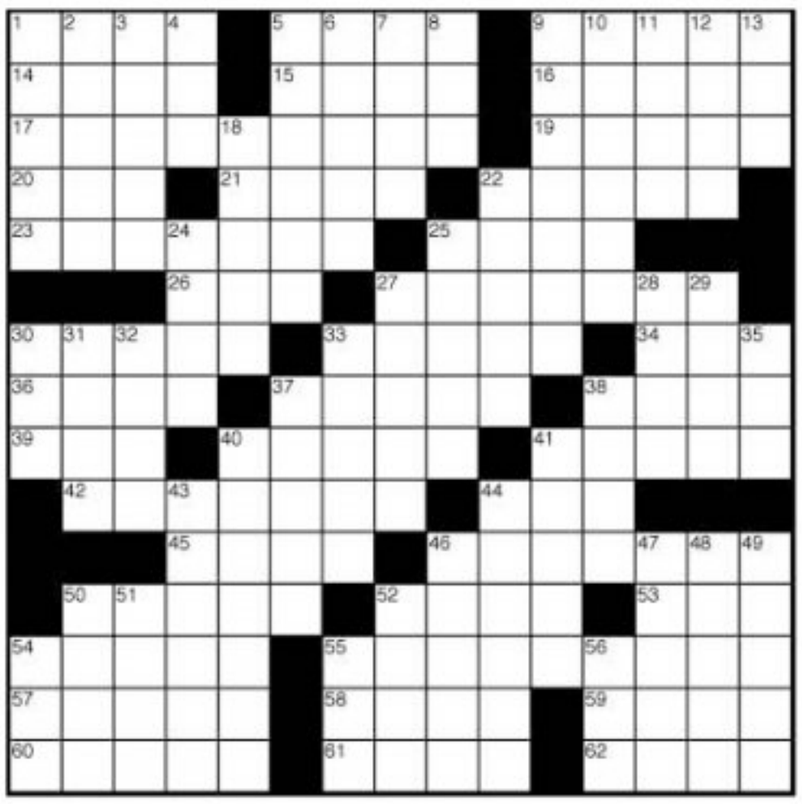
♊ Gemini **May 21-June 20.** You'll be on the minds of several friends who are making some out-of-the-ordinary plans of a social nature. Lucky you, because you'll be penciled into their arrangements.

♋ Cancer **June 21-July 22.** Influences that have a direct effect on your basic requirements and material security are both unique and favorable at present. You're likely to profit from a strange set of circumstances.

♌ Leo **July 23-Aug. 22.** Your inclination to attempt to please everybody will end up working to your ultimate benefit. Friends and colleagues whose lives you brighten will, in turn, try to brighten yours.

♍ Virgo **Aug. 23-Sept. 22.** There are all kinds of indications that you are likely to be luckier than usual in arrangements that have profitable potential. What you gain will not be of a temporary nature.

BERNICE BEDE OSOL



Across
1 Hotel convenience
5 Comics pooch
9 Drive recklessly
14 Hydrox rival
15 Grant territory
16 Ram constellation
17 Avert
19 Ore deposits
20 GP org.
21 Comet — -Bopp
22 Wanted-poster word
23 Conspicuous
25 Political coalition
26 Never, to Wolfgang
27 Bottled gas
30 Be gracious
33 "Mission" starter
34 Type of poem
36 Cat scanners?
37 Fully aware
38 Subscription length
39 — Lingus (Dublin carrier)
40 Box
41 Tropical swayers
42 Oater town
44 Sitcom planet
45 Hair curler
46 Cut in thirds
50 Proposal
52 All boys
53 Hawaii's Mauna --
54 Rowboat
55 Cougar
57 Ernest or Julio
58 Worry
59 Threshold
60 Before Polk
61 Key -- pie
62 Broncos do it

Down
1 Furniture buys
2 Cook's lure
3 Not domesticated
4 Job-ad letters
5 Fuel rating
6 Started a poker game
7 Groundless
8 Cave-dwelling fish
9 Smacks
10 Beethoven's Third
11 Verdi opus
12 Notch shapes
13 Lisper's problem
18 Valentino role
22 Single-handed
24 Rural stopovers
25 Reduce speed
27 Talk pointlessly
28 Eggnog time
29 Party-tray cheese
30 Water-power org.
31 Dressy shoe
32 Razor brand
33 Tom Sawyer creator
35 "Um" cousins
37 Armadillo's protection
38 Wild oxen of Tibet
40 Watch over (2 wds.)
41 Rainbow maker
43 Thumb through
44 Highly decorated
46 Alaskan pole
47 Avoid capture
48 Chain dance
49 Spud
50 Approve
51 Stuff
52 Graceful wrap
54 Mil. officer
55 Grey Cup org.
56 Above, to Tennyson

4							8	2
1			8			7		5
8	9		7			4		
		5	6				1	
		8		3		6		
	4				1	3		
		1			3		9	6
5		4			9			8
9	2							3

SUDOKU **LEVEL: EASY**

			8					9
	1			9				
	7	9		4	2		6	
		8			1	4	9	
		6	4		8	7		
	4	1	6			3		
	3		7	8		6	2	
				6			7	
2					5			

SUDOKU **LEVEL: HARD**

Solution to yesterday's crossword

F	A	M	E		K	H	A	K	I		C	H	O	P
I	L	E	X		N	O	M	A	D		H	A	I	L
N	A	R	C		O	P	I	N	E		A	L	S	O
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B	A	R	E	L	Y			H	I	R	S	U	T	E
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Y	U	K			S	A	M	M	Y			N	I	E
E	S	E			O	N	U	S		P	S	A	L	M
R	E	D	B	I	R	D			B	R	A	S	S	Y
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P	R	O	T	O	N		C	R	A	M	P	O	N	S
H	U	S	H		E	R	R	O	R		I	T	E	M
E	S	T	E		S	T	E	V	E		E	T	T	E
W	E	E	D		S	E	W	E	D		R	O	S	E

How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

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destinations

I left my heart in Cappadocia

Central Turkey is home to one of the most geographically unique places in the world
Metro guides you through the must-see spots for this culturally rich locale in Turkey

There's nowhere else in the world quite like this region in eastern Anatolia, Turkey. Made up of several small villages, Cappadocia (pronounced Kap-a-dokia) is a UNESCO world heritage site. With settlements that date back to the 8th century B.C., thousands of years of rich history provide visitors with plenty to see and do, in addition to luxury accommodations and shopping.

See

Natural wonders are the No. 1 attraction in Cappadocia, with unique rock formations of the fairy chimneys (tall, thin spires of sedimentary or volcanic rock) covering much of the land. While the area has been home to the Hittites, Phrygians, Persians, Romans, Byzantines, Seljuks and Ottomans, it was the early Christians who perhaps left the most fascinating mark in Cappadocia's many caves. There are some 3,000 rock churches in the area, from a time when the early Christians hid in the region to escape persecution. The Goreme Open Air Museum allows visitors to tour the preserved living spaces and chapels, which feature stunningly intricate frescoes of prominent early figures in the church.

Those who aren't claustrophobic should visit the many underground cities in the area. The network of tunnels in the Kaymakli Underground City in Nevsehir extend at least four floors underneath the surface. Archaeologists estimate that the cities were created between the 8th and 7th centuries B.C. for people hoping to hide from neighboring enemies.

Hot air ballooning is a popular activity for visitors to the region. At sunrise, the area is peppered with ascending balloons that overlook the various rock formations.

Shop

Ceramics are a specialty of Cappadocia. Omurlu Ceramic in Avanos hosts tourists for a look at how the traditional Hittite designs are hand-painted onto cookware, vases and decanters. Turkish rugs are one of the prime exports of both this region and the country as a whole. Showrooms will host tourists for a look at how the carpets are made. Expect your host to apply a bit of pressure to purchase some wares, but never accept the first price. Haggling is a necessary part of the transaction.

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On the Web

- **Goreme Open Air Museum**
  Kaymakli Underground City
  www.goreme.com
- **Hot Air Ballooning Cappadocia**
  www.hotairballoon cappadocia.com
- **Omurlu**
  www.omurlu.com

▶ These ancient frescoes are hidden within the rock formations that make Cappadocia's landscape so special.

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MUSEUM HOTEL

▶ This is just one of many cave rooms in the Museum Hotel.

Stay

Out of the many lovely accommodations available in the area, the Museum Hotel has the distinction of doubling as a tourist attraction in its own right. Renovated from ancient ruins in 1998, the hotel makes use of the cave dwellings that populate so much of the landscape in the region. Each room blends the rustic nature of the raw stone walls (originally inhabited by nomads called the Tekeli clan) with luxurious antique furniture and artifacts from the Museum of Nevsehir.

▶ **The Museum Hotel**
www.museum-hotel.com

▶ Don't leave Cappadocia without seeing the Petrified Desert.

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3

Calf empty

Rollins tweaks calf, sits out

Jimmy Rollins' 2012 season appears to be over.

The Phillies held out their starting shortstop last night after he felt pain in his right calf. Rollins hurt it during a pick-off play Sunday.

The Phils have just two games left this season. Cliff Lee gets the start tomorrow in Washington in the season finale. METRO

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Opinion

ANGELO CATALDI
THE VOICE OF THE PHILLY SPORTS FAN

VICK MASKING HEAD COACHES' WEAKNESSES

Andy Reid is a very lucky man. Lucky that the right foot of Lawrence Tynes isn't just a little bit stronger, lucky that the regular refs believe in righting their wrongs and lucky that Mike Vick performs best when it matters the most.

Metro does not endorse the opinions of the author, or any opinions expressed on its pages. Opposing viewpoints are welcome. Send submissions to letters@metro.us.

Above all, the Eagles coach is lucky he still has a job after the near-disaster he presided over Sunday night. It is easy to laugh now that the Birds have a 19-17 thriller tucked away, but the sad truth is that Reid did everything he could to lose the most important game of the season.

His biggest mistake was the decision to freeze Tynes by calling timeout just before the game-winning, 54-yard field goal attempt hooked far left of the goalposts. How mindless was that decision? Tynes was already pressure-tested in two Super Bowl runs, but had never converted a field goal from that far. Reid's generous offer of a free kick was insane.

Quoted

Andy Reid did everything he could to lose the most important game of the season.

But the NFL coaching manual called for Reid to flash the timeout signal just before the ball was snapped. When the ensuing celebration was cut short by the announcement that the coach had nullified the miss, all he could do was smile sheepishly. He later compared himself to Gen. Custer at Little Big Horn. Indeed.

What if? You will hear that question many times this week. What if … the second attempt had not fallen a yard short of the crossbar? What if … Reid had cost his team a game it had already won. What if … Vick's censure of the move came after a horrific loss instead of a tenuous win?

Reid has never been adept at spontaneous decisions. In many ways, he is like his counterpart on the Phillies, manager Charlie Manuel, always looking for a formula that will make the choices for him. But nowadays he doesn't need these shortcuts. He has Vick, who flourishes when the game is at stake. Sunday's comeback win marked the third time this season that the quarterback has rallied the Eagles to a win on the final drive.

And this time Vick had to overcome some bizarre coaching to accomplish the feat. On second-and-goal from the 4-yard line, Reid called for Vick to hand the ball off — no, not to one of the best runners in the NFL, LeSean McCoy, who had brilliantly led his team down the field on the climactic drive, but to Bryce Brown, a rookie who had touched the ball three times all night. Brown was stuffed at the line. What a surprise.

The Eagles — and especially Reid — would have lost the game if the Giants hadn't foolishly tried a deep pass down the right sideline that gave the refs, who had blown a pass-interference call earlier in the drive, a chance to rectify the injustice by pushing the Giants back 10 yards, which proved to be the difference on the final kick.

Andy Reid was able to smile again when the football fell short. Most of us knew better than to celebrate for very long. It's hard to feel good when Andy Reid is coaching your football team.

*– **Angelo Cataldi** is the host of 94 WIP's Morning Show, which airs weekdays 5:30-10 a.m.*

Eagles should right all wrongs

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▶ Dawkins

The Eagles slathered Brian Dawkins with love and respect as they retired his No. 20 Sunday night at the Linc. The nightlong celebration was a rare combination of deep appreciation and unspoken regret.

There is so much to savor in both the career of one of the most ferocious players ever and in the person who bonded so perfectly with the fans. The Eagles were tireless in honoring every aspect of Dawkins' brilliant 13 years in Philadelphia. Of course, Dawkins was a champion right to the end, every bit as impressive in his final appearance as he was in the 224 games that preceded it.

Unfortunately, only those with very short memories were able to savor the event without some misgivings. It was impossible to hear all of the breathless accolades and not recall coach Andy Reid refusing to answer questions in the immediate aftermath of Dawkins' departure in 2009 and declaring it "Stacy Andrews Day."

Now, if the Eagles are really sincere about righting all the wrongs associated with Dawkins, they need to call Dan Leone, apologize for their outrageous conduct and offer him his job back. Leone is the disabled security guard who was fired for posting his strongly worded (and completely understandable) disappointment on Facebook in the moments after Dawkins left.

If the Eagles proved anything, it was how right Dan Leone was about his favorite player, Brian Dawkins.

Idle thoughts from Cataldi …

1 Roger that. After the first week of the NFL season, Roger Goodell praised the replacement refs for doing an excellent job. When the regular guys returned two weeks later, the commissioner apologized for using the scabs. Hmmm. Do you think Goodell is concerned at all about his credibility?

2 Who's calling the shots? Chase Utley will not be the Phillies new third baseman. That's the good news. The bad news, the team entertained Utley's stupid idea in the first place. If Roy Halladay decides he wants to try center field next spring, is anybody in the organization going to tell him no?

3 Silence is golden. The dumbest tradition in sports is the silent treatment given to a player when he hits his first big-league home run. Phils rookie Darin Ruf had to endure it last week, for five uncomfortable minutes. The players thought it was hilarious, which tells you a lot about baseball players.

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▶ It's time for Charlie Manuel to go!

Blow up the Phils

Now that the Phillies have missed the playoffs for the first time in six seasons, it is time to face a painful reality. This era of unprecedented success is over.

Why such a dour forecast for a team that will still have three aces in the rotation, a healthy (we hope) Ryan Howard and Chase Utley, and a loyal fan base? Because the Phillies are a hodgepodge of aging veterans and unproven young players requiring far more creativity than their manager possesses.

For example, is there a team in baseball with a weaker hitting outfield than John Mayberry Jr., Dom Brown and Nate Schierholtz?

Imagine how thrilled Cole Hamels, Cliff Lee and Roy Halladay are about the prospect of those three noodle-bats supporting them. And speaking of Lee and especially Halladay, what is a logical expectation for these two aging stars in 2013?

The Phillies, sad to say, are a mess — and no amount of roster manipulation is going to alter that fate. What they need to do is to look for the kind of salary dump the Red Sox accomplished. They need to see what young players are available for a Lee or Halladay. They have to find a new home for Jimmy Rollins.

Above all, they need to say goodbye to Charlie Manuel. The Phillies are not going to begin the journey back to contention until they stop trying to recapture a magic that is already long gone.

B's knees? Sixers center sidelined for three weeks

Franchise's new toy dealing with bone bruise in right knee Won't return to team until seven days before Oct. 31 season opener Sixers lock up Collins through 2013-14 season

7

New faces projected to make the final roster. They are Andrew Bynum, Jason Richardson, Nick Young, Kwame Brown, Dorell Wright, Royal Ivey and rookie Arnett Moultrie. Villanova product Maalik Wayns is also in the mix after opening eyes in scrimmages.

NBA media days are usually filled with rose-colored glasses, clichés and unwarranted optimism. The Sixers managed to cast a black cloud over their session yesterday by announcing newly-acquired center — and franchise savior — Andrew Bynum has been shut down for three weeks.

Bynum, who underwent Orthokine therapy in Germany on both of his knees during the third week of September, began feeling a bit uncomfortable a few days ago. The Sixers and a specialist in New York examined him and discovered a bone bruise on his right knee. He'll only do strength training, light shooting and walk-throughs for the next three weeks, giving himself seven days to get ready for the season opener on Oct. 31.

"It's definitely disappointing," Bynum said. "It is what it is. At this point, I need to go out and work on my craft. I should be able to do that."

Coach Doug Collins conceded that the inability to mix Bynum in during training camp will be a challenge to the revamped team's chemistry. The first time Bynum steps on the floor with his new teammates for a game won't be until that opener, at the earliest.

"Nobody's more disappointed than Andrew," Collins said. "I spoke to him the other day and he was so chomping at the bit to come in here and live up to all the expectations."

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▶ Bynum set career-highs in minutes (35.2), points (18.7) and rebounds (11.8) last season with the Lakers.

The development wouldn't be as concerning if it wasn't for Bynum's history. He's missed 154 games over the last five seasons, mostly due to knee issues. In 2008, he dislocated a kneecap. In 2009, he tore his right MCL. Following the 2010 season, he needed surgery to clean up soreness.

"I feel a lot better |than I did earlier in my career|," Bynum said. "The Orthokine is definitely working. There hasn't been swelling in my knees. Everybody that has this procedure goes through this, having to get their legs strong and get back out there on the court."

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Sixers pick up option on head coach

Majority owner Josh Harris announced yesterday that the option in Doug Collins' contract has been picked up, as reported in the Aug. 16 edition of Metro.

Collins will now be with the team at least through the 2013-14 season. He also said he hopes to stay with the team in a front-office role once he's done coaching.

"I think it's important for the perception of the players," Collins said. "They understand that you're the coach and that you're going to be there. It's tough to be in a lame duck situation."

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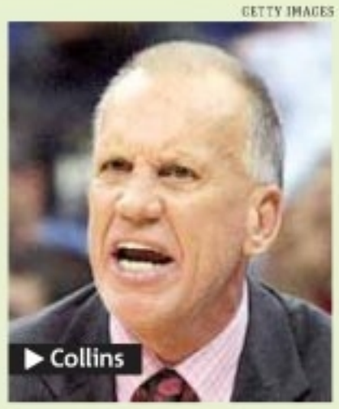

▶ Collins

METRO/AL

Bounce passes

- Thaddeus Young used the offseason to bulk up. After ending last year at 215 pounds, he's up to 234. Young wants a chance to compete for the vacant starting wing job, but his most likely role will be at the small and power forward spots off the bench.
- If Bynum is out, the Sixers do have some depth in the pivot with Kwame Brown, Spencer Hawes and Lavoy Allen. Prior to the Bynum trade, Collins hinted that Brown would start at center and Hawes would slide in as the "stretch four."

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Birds rallying late, finally winning close ballgames

Eagles are 3-1, with three victories by two points or less ◗ Vick feeling no pressure late in fourth quarters ◗ Dunlap aims to practice this week

GETTY IMAGES

▶ Cullen Jenkins celebrates the Eagles' 19-17 victory over the Giants Sunday night — another comeback win.

The Eagles are winning the games they would have lost last season. Plain and simple.

Those extra bounces they are getting — or ones other teams aren't getting, in the case of the second Lawrence Tynes' field goal that fell about two yards short — have made the difference between a 3-1 record and a 1-3 mark.

"Every week's a challenge in this league," Andy Reid said. "These guys, they've got a good attitude, though. They're tough. There's a toughness about them; a certain mentality about them that you appreciate."

Mike Vick has been unflappable when the game is hanging in the balance. The quarterback has led the Eagles on three game-winning drives, all coming in the closing minutes of the fourth quarter.

"It's something you have to do," Vick said. "Every game is not going to be perfect and it's not going to always be a situation where things come easy."

"Honestly, this is how we like it," DeSean Jackson said. "Coming down to last plays and last series, that's usually when really the best comes out of us."

It seems to be a new wrinkle in Philadelphia. The Eagles have won three games by two points or less so far this season. The last time that happened was way back in 1990, and that was stretched out over the course of an entire, 16-game schedule.

"I mean, being the NFL, it's not always going to be a blowout," cornerback Nnamdi Asomugha said.

MIKE GREGER
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Injury report

- **King Dunlap** (hamstring) is on track to practice this week. The left tackle has missed the last two games.
- **Mike Vick** (knee) and **LeSean McCoy** (knee) are dealing with very minor injuries.
- **Akeem Jordan** (hamstring) isn't expected to practice Wednesday.

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Boo him all you want — Werth does not mind

If the final regular-season games in Washington, D.C. meant anything to Phillies fans, Jayson Werth acknowledged that he would hear boos from the Philly faithful in his home park. The team plays its final game tomorrow (1:05 p.m. at Nationals Park).

"But I doubt that many Phillies fans will make the trip down to watch due to the circumstances," Werth said.

The circumstances are that the Phillies will enter the offseason without playing a postseason game for the first time in six years. A D.C baseball team is going to the playoffs for the first time since 1933.

Boos for Werth will be minimal until his next trip to Philadelphia. Werth says he doesn't mind wearing the black hat.

"I don't care what anyone says or thinks," Werth said. "They can boo as much as they want."

They are the Phillies fans and during the last home stand they booed Werth worst than J.D. Drew or Scott Rolen.

The genesis of the vitriol goes back to when Werth broke his left wrist against the Phillies. After some Phils fans directed nasty remarks at Werth after suffering the injury, J-Dub responded.

"The difference between me and J.D. Drew is that he never played here for a championship team." JAYSON WERTH

"I'm motivated to see to it personally those people never walk down Broad Street again in celebration again," Werth e-mailed the Washington Post.

After explaining to Werth that the hate comes from a vocal minority, he revealed that a number of Phillies fans actually have his back.

"I haven't talked about this, but I've received a lot of mail and e-mail from Phillies fans apologizing for what those idiots said," Werth said. "They've told me that they wished me luck and I appreciate that because no matter what, you can't take away what I accomplished here. I wouldn't trade my time here [in Philadelphia] for anything."

Werth continued to stress that he doesn't mind the boos. But it has to have some sort of negative impact. Werth went from one of the most popular Phillies to public enemy No. 1. Doesn't it bother Werth a little?

"The difference between me and J.D. Drew is that he never played here for a championship team," Werth said.

When Werth retires and comes back in 2028 for the 20th anniversary of the 2008 World Series, the odds are that Werth will once again hear cheers in Citizens Bank Park.

"It's hard to imagine what things will be like then," Werth said. "All I know is what I hear now."

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▶ How will Werth be greeted in 20 years, when the 2008 team is honored?

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